

**BAKERS' FLOUR**

# SOURDOUGH DONUTS

## INGREDIENTS

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**WEIGHT**

Milk	230ml
Eggs	1 large egg
Butter (melted)	0.050kg
Sourdough Starter	0.220kg
Mauri Victory Flour	0.500kg
Sugar	0.050kg
Cinnamon	1 tsp
Ground Cardamom	1/2 tsp
Salt	1 tsp

## METHOD

### METHOD - PART 1

#### STEP 1

Combine liquid ingredients with starter. Fold in spices and dry ingredients.

#### STEP 2

Keep folding or mixing for 10-15 minutes. Take out of bowl onto lightly floured surface and knead into smooth ball.

#### STEP 3

Place in lightly oiled bowl and coat dough with oil. Cover and set aside for 4-5 hours.

#### STEP 4

During this time, typical sourdough process ie. every hour lift one edge and fold over to middle of dough.

#### STEP 5

After 4-5 hours cover and refrigerate overnight.

### METHOD - PART 2

#### STEP 1

Next day - while dough is still cold, gently roll dough to ca. 4cm on lightly floured surface.

\*Doughnut cutter was used to create the shape.

**STEP 2**

Place gently on a lightly oiled sheet of baking paper, leaving some space between doughnuts. Brush tops with oil.

**STEP 3**

Cover with plastic wrap. Let rise for ca. 2 hours.

\*Ready when you poke it and it slowly fills back in.

**STEP 4**

Heat ca. 500 ml oil in a heavy pan to ca. 180C. Cook ca. 2-3 mins either side until golden brown.

**STEP 5**

Roll in cinnamon sugar to coat and set on cooling rack.

**STEP 6**

Eat warm!

*These instructions may vary depending on manufacturer's premises and equipment used.*

*Product is best enjoyed fresh on the day of bake. Storage temperature: ambient below 25°C.*