

# Gluten-Free Recipes

## Gluten-Free Fried “Big Red” Apple Donut Holes

Makes about 20 small round donut holes

Dry Ingredients:

- 1 1/3 cups/180 gm (*Amy's Gluten-Free Flour blend* or *Bob's 1:1 Gluten-Free Flour Blend*)
- 3/4 teaspoon xanthan gum (omit if using Bob's or a flour blend that contains gum)
- 2 1/2 teaspoons gluten-free baking powder
- 1 teaspoon kosher or fine sea salt
- 1/4-1/2 tsp nutmeg and/or cinnamon

Wet Ingredients:

- 1 large egg/50 gm, at room temperature, beaten
- 1/4 cup/40 gm brown sugar
- 2 tablespoons/25 gm white sugar
- 2 tablespoons/28 gm butter, melted and cooled slightly or vegetable oil (coconut oil will make the donuts extra crispy)
- 1/3 cup/75 gm buttermilk\*, room temperature
- 1 teaspoon vanilla or other extract
- 1/2 apple, peeled, cored and diced (smaller pieces will cook faster), about 1/2 cup

\*To make “buttermilk”, add 1/2 teaspoon of white or apple cider vinegar or lemon juice to a glass measuring cup then fill it to the 1/3 cup line with milk; set aside for 5 minutes)

Vegetable oil for frying

1. In a deep fryer or 2-quart heavy saucepan, heat 2 to 3 inches of oil to between 350-360°F.
2. In a medium to large bowl, mix dry ingredients until well blended. In another bowl, mix the wet ingredients but do not mix together yet. Prepare cinnamon sugar if using (see Glazes section).
3. When the oil is almost ready, add the wet ingredients to the dry ingredients and mix with a spatula. Batter should be stiff but slightly wet. Add more milk if needed. Place a few teaspoons of cold vegetable oil in a small dish to help with rolling if you want round edges; otherwise you can scoop and place directly into the oil; the latter is my preference.
4. Prepare your frying station by placing 1-2 paper towels on a tray or large plate. This is where the doughnuts will go when they are done frying. Make sure the towel is not too close to the flame. If you are rolling in cinnamon sugar, you will need another plate or container to place them into after they are covered in sugar.
5. With greased hands, take about 2 teaspoons of batter (about the size of a walnut or smaller) and shape into balls. Alternatively, you can scoop and carefully drop into the oil. Make sure balls are not too big or the inside could be raw. The holes will puff up so start with a smaller size.

6. Start with one donut to test the temperature of the oil. Cook for 2-3 minutes, turning frequently. Donut should be golden brown. Cut in half to check the middle. Adjust temperature if necessary.
7. Carefully place balls, 4-5 at a time, into hot oil. Fry about 2 1/2-3 minutes or until golden brown on all sides, moving them around in the pot. Remove and place on the tray or dish lined with paper towels.
8. Once doughnuts are fried and still warm, you should coat in cinnamon sugar right away; you can add the glaze later. Place the donut holes in the cinnamon sugar by rolling them around in the sugar bowl. Remove and place on another plate.
9. Leave at room temperature.

#### Air Fryer Option:

Place parchment paper in air fryer. Spray with cooking spray or grease. Place scooped or rolled donut holes on paper. Spray again. Air fry at 400°F for about 10 minutes. The texture will be more like a scone but still tasty!



Air fryer donut holes are an option instead of deep frying

# Gluten-Free Baked Chocolate Donuts

Makes 6 (double the recipe to make 12)

## Dry Ingredients:

- 1 cup/135 gm gluten-free flour (*Amy's Gluten-Free Flour blend or Bob's 1:1 Gluten-Free Flour Blend*)
- 1/4 teaspoon xanthan gum (omit if using Bob's or a flour blend that contains gum)
- 1/4 cup + 2 tablespoons/75 gm granulated sugar
- 1/4 cup/23 gm unsweetened gluten-free cocoa powder
- 1/2 teaspoon gluten-free baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

## Liquid Ingredients:

- 1 large egg, room temperature, or egg substitute
- 3/4 cup/6 oz milk or milk substitute, room temperature
- 1 tablespoon/12 gm vegetable oil or melted, cooled butter
- 1/2 teaspoon vanilla extract

## INSTRUCTIONS

1. Preheat oven to 375°F for at least 15 minutes before. Spray a donut pan with non-stick cooking spray or grease well.
2. Place the dry ingredients in a medium bowl and mix.
3. In another medium bowl, place the egg and whisk until blended. Add the other liquid ingredients: milk, oil or butter, and vanilla. Whisk until smooth.
4. Add the wet ingredients to the dry ingredients. Mix well with a spoon or spatula.
5. Using 2 tablespoons, fill each cup in the donut pan about halfway, spreading to even it out. Use water if necessary to get a smooth top.
6. Bake for 9 – 12 minutes or until the donut bounces back when pressed.
7. Remove from the oven and place the tray on a wire rack. Let donuts sit in the pan for about 5-10 minutes then gently pry them with a plastic spoon, making sure the edges are loosened. Place donuts right side up on a wire rack. Allow to cool another 30 minutes or so before glazing.

# Gluten-Free Baked Vanilla Donuts (extra recipe)

Makes 12 cake donuts (can be halved)

## Dry Ingredients:

2 1/4 cups/303 gm gluten-free flour (*Amy's Gluten-Free Flour blend or Bob's 1:1 Gluten-Free Flour Blend*)

3/4 teaspoon xanthan gum (omit if using Bob's or a flour blend that contains gum)

1 teaspoon baking soda

1/2 teaspoon gluten-free baking powder

1/2 teaspoon kosher salt

Optional: 1/4 teaspoon nutmeg and/or cinnamon for flavor

## Liquid Ingredients:

1 large egg, room temperature

1/2 cup/100 gm sugar

1 cup/8 ounces buttermilk\*, at room temperature

3 tablespoons/1.5 oz unsalted butter, melted and cooled or vegetable oil

1 teaspoon vanilla or other extract

\*To make buttermilk, add 1 teaspoon apple cider or white vinegar or lemon juice to a glass measuring cup. Add milk to the 1 cup measure.

1. Preheat oven to 400°F for at least 15 minutes before; a hot oven is important.
2. Mix dry ingredients (first 5 ingredients) in a medium to large bowl with a whisk. Set aside.
3. In a small to medium bowl, mix the wet ingredients with a whisk.
4. Add the wet to the dry and mix well with a spatula making sure the dry ingredients are incorporated. Grease the donut pan really well (sides and middle) with plain cooking spray, butter or shortening; this will help with the browning.
5. Using two tablespoons, place the batter into donut pan cavities filling to about 2/3. Portion out batter evenly to all cavities. If you only have one 6 cavity pan, do your best to divide equally. Spread lightly with a wet spatula or spoon to smooth out the batter so it is not craggy.
6. Place in the oven and bake for 8-10 minutes or until donut springs back when you touch it. Remove from oven and let rest in pan for 5-10 minutes. Carefully remove donuts with a plastic knife or spoon and place right side up on wire rack to cool.
7. Allow to cool another 30 minutes or longer before glazing.
8. If you only have one donut pan, wait until the pan is cool. Repeat steps 5-7.