

Cornell Friendsgiving Donut Cooking Demo

Prepare for class

Don't stress! While there's no "homework" for this class, you do need to prepare some things ahead of time like equipment and ingredients. If you just want to sit back and watch, grab your favorite beverage and enjoy. Thanks for joining us!

Recipes (regular and gluten-free)

- Fried "Big Red" Apple Donut Holes
- Baked Chocolate Donuts
- Baked Vanilla Donuts (extra recipe; will not be demonstrated)
- Glazes

Prep Instructions

- Read through General Baking Tips for Any Donut
- Have all donut ingredients measured. Keep dry and wet ingredients separate.
- Preheat oven.
- Place oil in a pot on the stove (see tips on following page).
- Grease donut pans.
- Make glaze ingredients in a microwave-safe bowl ahead of time. Color glaze if desired (or separate glaze into different bowls with different colors).



Equipment

- 2 sets of mixing bowls; two small to medium and two medium to large
- Measuring spoons and cups
- Glass or liquid measuring cups
- Small to medium whisk and/or fork
- Rubber spatulas for mixing and getting the batter out of the bowl
- Teaspoon and/or tablespoon (flatware) to portion baked donuts
- Wire rack for cooling and glazing donuts
- Baking sheet to place under rack when glazing
- Small bowls to mix sugar, glazes, and/or sprinkles
- Small spoons to mix glazes and portion sprinkles (regular cutlery is fine)
- Toothpick if adding gel food coloring
- Optional: culinary torch for toasting marshmallows

Additional equipment for the **fried donut recipe**:

- Heavy duty 2 quart pot/saucepan or electric fryer
- Thermometer to read 350°F
- Peeler
- Small cutting board
- Paring knife
- Small hinged scoop
- Wire strainer or slotted spoon
- Sheet tray or dish lined with paper towels
- Additional bowl if using cinnamon sugar topping

Additional equipment for the **baked donut recipe**:

- One or two 6 cavity donut pans or one 12 cavity donut pan
- Plastic spoon or knife

Ingredient list

All-purpose flour or gluten-free flour blend (see next section for suggestions)

Baking powder

Baking soda

Kosher or fine sea salt

Cinnamon

Nutmeg

White sugar

Brown sugar

Confectioner's sugar

Unsweetened cocoa powder

Vanilla

Optional: peppermint extract

Milk or milk substitute

Buttermilk or, lemon juice/white or apple cider vinegar to make your own

Egg or egg substitute

Butter or vegetable oil

Vegetable oil for frying

Additional butter, oil, or spray to grease pans

Fresh apple

Food coloring gel

Sprinkles for decorating

Substitutions

Using Gluten-Free Flour (they are not all created equal)

Bob's Red Mill Gluten-free 1 to 1 Baking Flour (carried by most supermarkets, amazon.com, and vitacost.com, for example) is a gluten-free flour blend that has been on the market for a number of years. It contains xanthan gum so you will not need to add it for this recipe. This flour can also be used to "flour" chicken or to make a roux for gluten-free gravies and sauces. However, since it has sorghum flour, it can be a little heavy so you might need less flour than a true 1:1 replacement in other recipes. If you use this blend for another recipe and it comes out dry, use 1-2 tablespoons less of the flour blend.

Amy's Gluten-Free Flour Blend (that's me, not Amy's Kitchen!) is a flour blend I created many years ago that closely replicates white flour. It does not contain xanthan gum so to use it as a replacement for most regular recipes for cakes, cookies, and muffins, some xanthan gum needs to be added; usually 1/2-3/4 teaspoon of gum for every 2 cups of flour.

To make the flour blend, mix the following in a large bowl and store in an airtight container:

2 cups superfine brown rice flour
2 cups superfine white rice flour (or 1 cup sweet rice flour and 1 cup white rice flour)
1 cup tapioca flour or starch
1 cup potato starch (not flour)

One cup of this flour blend weighs approximately 135 grams.

Dairy-Free

Milk: use a plain unsweetened milk substitute. Coconut or almond milk from the carton is a good option.

Butter: use a melted butter substitute, melted coconut oil, or vegetable oil. For the fried donuts, the coconut oil will make the donut holes very crisp. Vegetable oil is preferred.

Egg-Free

In the fried donut recipe, eggs are used to hold the dough together so an egg substitute like a flax or chia egg is perfect. For the baked donut, the egg provides lift as well. Use a commercial egg replacer such as Bob's Red Mill or Ener-G or you can make your own. For more information about egg substitutes, visit:

<http://amythefamilychef.com/blog/2015/04/29/egg-substitutions-for-the-warm-kitchen-cookbook/>

Vegan

For vegan, use both dairy and egg substitutes above.

Refined Sugar-Free

Use coconut sugar or maple sugar in place of the white and/or brown sugar. However, if you don't want to use any sugar, try erythritol (brand name Swerve). Use about 2/3 the amount. For example, if the recipe calls for 1/2 cup of sugar, use about 1/3 cup of erythritol.



Yes, you can make all of these!