

Sufganiyot (Jelly Doughnuts)*

Makes about 12 doughnuts

Ingredients:

1 pkg. dry yeast
4 Tbls. sugar
¾ cup lukewarm milk
2 ½ cups all-purpose flour
Pinch of salt
1 tsp. ground cinnamon
2 egg yolks
2 Tbls. butter, softened
Apricot, strawberry or raspberry preserves, about 2 Tbls.
2 egg whites
Oil for deep drying
Granulated sugar

Directions:

In a small bowl, mix together the yeast, 2 Tbls. of the sugar and the milk. Let the mixture sit for several minutes until it bubbles.

In a medium bowl, sift the flour and mix it with the remaining 2 Tbls. of sugar and the salt, cinnamon, egg yolks and yeast mixture. Knead until the dough forms a ball. Add the butter and knead until it is well absorbed. Cover the bowl with a kitchen towel and let the dough rise overnight in the refrigerator.

On a floured surface, roll out the dough to thickness of 1/8 inch. Cut the dough into 24 rounds, each 2 inches in diameter, using a biscuit cutter. Place ½ tsp of preserves in the centers of 12 of the rounds.

Beat the egg whites lightly and brush a little on each round in a ring around the preserves. Top with the other 12 rounds and pinch the edges together firmly, crimping them between your thumb and second finger to seal. Set them aside to rise for 30 minutes.

Pour 2 inches of oil into a deep pan over medium-high heat. Heat the oil to 375 and drop the doughnuts in, about 5 at a time. When the doughnuts are well browned on one side, turn them over to brown the other side. Using tongs or a slotted spoon, remove the doughnuts and let them drain on paper towels.

When cool enough, roll them in sugar. Best served warm.

*Adapted from Joan Nathan's *The Children's Jewish Holiday Kitchen*.