

JELLY DOUGHNUTS - SUFGANIOT

by Torah.org

Source: "The Israeli Cookbook", Molly Lyons Bar-David

Ingredients:

2 1/2 cup - Flour
2 cups - Hot milk
2 pkg. dry yeast
1/4 cup - Lukewarm milk
6 - Egg yolks
2/3 cup - Sugar
1 tsp. - Vanilla
Rind of 1 lemon or orange
1/2 cup - Butter
Jam - for filling
Oil - for frying
icing sugar (powdered sugar)

Directions:

Sift one cup of flour into the hot milk and beat until smooth, then allow to cool. Dissolve the yeast in the lukewarm milk, add to the flour mixture, and set aside for about half an hour. Mix the egg yolks and sugar with the vanilla and rind, and add to the dough. Add the remaining flour and the butter and knead. Allow to rise until double in bulk (about 45 minutes). Roll out on a floured board to a thickness of 1/2 inch, and cut into rounds. Put a teaspoon of jam in the center of one round, and cover it with another round. Press the edges together and allow to rise again in a warm place. Fry in hot oil, drain, and dust with icing sugar.