

## DESSERTS

# Sicilian Donuts



 **30min.**  
Preparation Time

 **1**  
Difficult: Easy

 **10**  
Donuts

## Ingredients:

- ☐ 250 g **00 flour**
- ☐ 130 g **water**
- ☐ 40 g **sugar**
- ☐ 20 g **butter or lard**
- ☐ 8 g **brewer's yeast**
- ☐ 5 g **salt**
- ☐ **Seed oil for frying**

## Decoration:

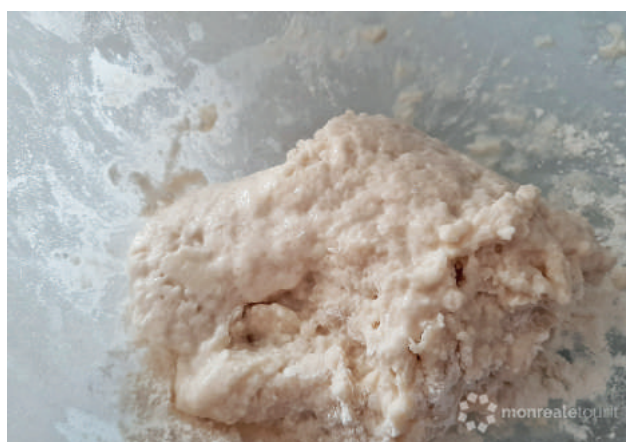
- ☐ **Granulated sugar for garnishing**

## **Steps:**

This delicious fried pastry is typical of the Carnival period, above all in Palermo and its surroundings. Luckily, you can find it throughout the year in bars and bakeries of the city. They are different from the famous American donuts because they are garnished with granulated sugar.

### **Step 1:** | *Mark as complete* ☐

Mix flour with sugar. Add butter in pieces, dissolve the yeast in a little part of water; after add the remaining water and at the end the salt.



### **Step 2:** | *Mark as complete* ☐

Work well until the dough is compact enough and let it rise for 3-4 hours.  
After rising, take the dough and shape some balls of 50 grams. Let them rise for 1 hour.



**Step 3:** | Mark as complete ☐

Now we are ready to create our donuts: take the ball and flatten it, make a hole in the centre with your finger. Cover the donuts and let them rise for another hour.

**Step 4:** | Mark as complete ☐

Fry the donuts in not too hot oil (160°) once golden, dip them into the granulated sugar.

