
What Geeks Eat...

Doughnuts

4 cups all-purpose flour
1 tablespoon baking powder
½ teaspoon baking soda
1 teaspoon salt
1 teaspoon ground ginger
½ a whole nutmeg grated fine
1 cup sugar
2 eggs
¾ cup milk
2 tablespoons plain yogurt

Doughnut topping

1 cup sugar
2 teaspoons cinnamon

Canola oil for deep frying

Sift the first six ingredients together into your mixer bowl. In another bowl combine the yogurt and milk and mix. Add the 1 cup of sugar and the 2 eggs, stir to combine. Add the wet mixture to the dry mixture and mix on medium until the two parts are well combined.

Dump the dough out onto a well floured counter and roll the dough out to a ½ inch thickness. The dough is going to be very sticky so just use as much flour as you need to prevent it from sticking to the counter. Cut out the donoughnuts with a doughnut cutter or a drinking glass then cut out the center hole with something that will cut a teeny-tiny circle. I used some odd piece out of my junk drawer.

Transfer the doughnuts to a floured baking sheet. Combine the sugar and cinnamon for the topping and lay out a couple of baking racks over some baking sheets lined with paper towels.

Put a heavy dutch oven on a burner with a medium flame and add the canola oil. I think I added about 1 ¾ quarts of oil. Heat it to 350°F and then carefully drop the doughnuts into the oil. I'm able to fit in about 6 at a time. Check your oil temp and if it has dropped below 340°F you'll want to turn up the heat until the temperature returns to 350°F. Don't let the temperature go over 355°F because then you'll burn the doughnuts.

Gently flip the doughnut when it is a rich brown on one side. When the other side has browned you should carefully remove it from the oil and place it on the first rack. Wait a few minutes so you don't burn your fingers then roll it in the sugar/cinnamon and place it on the other rack. Continue cooking the doughnuts until they are all done. Serve while they are still warm.

