

Maple Cream Filled Spiced Donuts

These Maple Cream Filled Spice Donuts are a Fall favorite. They will seem to melt in your mouth, and are full of Fall flavors like no others!



Donuts

Ingredients

1 cup milk
2 teaspoons dry active yeast
2 eggs, at room temperature
4 ounces whole wheat flour
1 teaspoon cinnamon
¼ teaspoon cardamom
2-3 quarts vegetable oil
1½ tablespoon milk
½ teaspoon cinnamon
2 ounces unsalted butter, at room temperature
4 ounces powdered sugar
½ teaspoon vanilla
14 ounces all-purpose flour
2 cinnamon sticks
2 ounces sugar
1 teaspoon salt
½ teaspoon nutmeg

Prep time: 4 hours

Cook time: 5 mins

Total time: 4 hours 5 mins

Makes: 2 dozen donuts

Instructions

Pour the milk into a heavy-bottomed pot. Add the two cinnamon sticks. Bring the milk to the scalding point, or at least above 140°F. Remove the cinnamon sticks and set the scaled milk aside to cool to 110°F. Once the milk has reached 110°F, dissolve the yeast in the milk, in the bowl of a stand mixer. Stir until the yeast is completely dissolved. Add the sugar and eggs and mix until evenly distributed. Add the flours, salt, cinnamon, nutmeg, cardamom, and butter. Mix until a dough forms. Using the kneading attachment, knead on medium-low speed for 7 to 10 minutes, or until the dough is smooth, elastic, and slightly tacky. Place the dough in a lightly oiled or buttered proofing container, and place in a warm spot to rise. Let the dough rise until at least doubled in volume, about 2 hours. Punch the dough down to deflate it. Gently knead the dough by hand for a few seconds and place the dough on a lightly floured surface, covered with a lightly floured tea towel. Let the dough rest 20 minutes. On a lightly floured surface, roll the dough out into a large rectangle about ½" tall. Using a round cookie cutter, cut out disks. Place the disks on a lightly flowered tea towel, and cover with a lightly flowered tea towel. Let the dough rise until about 1½ times in volume, about 30 minutes to 1 hour. In the meantime, heat the oil to 375°F in a very large pot, making sure there is enough room in the pot for the oil to rise. In batches, fry a few dough disks at a time, about 2 to 3 minutes on each side until that side turns golden brown. Remove to paper towels or newspaper to let the oil drain. In the meantime, mix together the powdered sugar, milk, vanilla, and cinnamon to make a glaze. Prepare the maple cream filling according to the instructions. Once dry and cool, fill each doughnut with the maple cream filling (recipe below). After filling, dip each doughnut in glaze and serve...and ENJOY!

Maple Cream Filling

Ingredients

1 quart milk
3 eggs
2 ounces cornstarch
½ teaspoon salt
2 ounces butter
1 vanilla bean
½ cup maple syrup
7 ounces sugar

Prep time: 20 mins

Cook time: 20 mins

Total time: 40 mins

Makes: 1½ quart custard

Instructions

Pour the milk into a heavy bottomed pot. Split the vanilla bean in half and scrape the seeds into the milk. Add the pod to the pot as well. Bring the milk to a boil. In the meantime, mix the cornstarch, sugar, salt, and eggs together. Once the milk has reached a boil, slowly pour one third of the milk into the egg mixture, whisking constantly. Pour the tempered milk and egg mixture back into the pot with the remaining milk. Cook the mixture over medium heat, stirring constantly, until the mixture comes to a boil. Boil for a few seconds before removing from the heat. Add the butter and maple syrup and stir in. Cool.