

pre cook potato

Italian Potato Doughnuts

1/2 cup milk
2 tsp dry yeast
500 gms potatoes (I'm using a mixture of potato, sweet potato and pumpkin)
2 eggs
3 1/2 cups plain flour
2 tbs sugar
1/4 cup extra virgin olive oil
1 orange, zested and juiced
Rice bran oil for frying

Mixture of caster sugar/cinnamon for rolling cooked doughnuts in
OR

3 tbs lemon juice and 150gms icing sugar for a lemon drizzle icing

- * Place potatoes in a saucepan and bring to the boil and cook until tender. Drain and let cool. Alternatively, you could place in a microwave safe bowl covered with cling film and cook for about 4 - 5 mins or until tender.
- * In a small saucepan, heat milk over a low heat until warm. Add the yeast and let sit for about 15 minutes.
- * Mash the potato in a bowl with a fork or masher. Add eggs, flour, sugar, oil, orange juice and zest and mix well to combine.
- * Add the yeast mixture and knead well. If you need a bit more flour to stop it being too sticky that's ok. Cover dough with cling film or a clean tea towel and put the bowl in a warm place for an hour or until the dough has about doubled in size.
- * Turn out dough onto a lightly floured bench and cut it into about 12-14 pieces. Make each piece into a soft ball in your hands and make a hole in the middle using your thumb. Be careful not to handle it too much as you'll lose air and therefore lightness in the doughnut.
- * Heat rice bran oil/vegetable oil in a a saucepan. When its hot, place doughnuts gently in oil in batches and fry until golden brown on one