



a bit of history...



The earliest origins to the modern doughnuts are generally traced back to the *olykoek* ("oil(y) cake") [Dutch settlers](#) brought with them to early New York (or [New Amsterdam](#)). These doughnuts closely resembled later ones but did not yet have their current ring shape. One of the earliest mentions of "doughnut" was in [Washington Irving](#)'s 1809 book *A History of New York, from the Beginning of the World to the End of the Dutch Dynasty*:^[9]

Sometimes the table was graced with immense apple-pies, or saucers full of preserved peaches and pears; but it was always sure to boast of an enormous dish of balls of sweetened dough, fried in hog's fat, and called dough-nuts, or oly koeks: a delicious kind of cake, at present scarce known in this city, excepting in genuine Dutch families.

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According to anthropologist Paul R. Mullins, the first cookbook mentioning doughnuts was an 1803 English volume which included doughnuts in an appendix of American recipes. He also traces its origins to the *oliekoek* that arrived in America with the Dutch settlers in the early 18th century. By the mid-19th century, the doughnut looked and tasted like today's doughnut, and was viewed as a thoroughly American food.

Hanson Gregory, an American, claimed to have invented the ring-shaped doughnut in 1847 aboard a lime-trading ship when he was 16 years old. Gregory was dissatisfied with the greasiness of doughnuts twisted into various shapes and with the raw center of regular doughnuts. He claimed to have punched a hole in the center of dough with the ship's tin pepper box, and to have later taught the technique to his mother. Smithsonian Magazine states that his mother, Elizabeth Gregory, "made a wicked deep-fried dough that cleverly used her son's spice cargo of nutmeg and cinnamon, along with lemon rind," and "put hazelnuts or walnuts in the center, where the dough might not cook through", and called the food 'doughnuts'.

Another theory on their origin came to light in 2013, when a recipe for "dow nuts" was found in a book of recipes and domestic tips written around 1800 by the wife of Baron [Thomas Dimsdale](#), the recipe being given to the dowager Baroness by an acquaintance who transcribed for her the cooking instructions for a "dow nut".

"Donut"

The first known printed use of *donut* was in *Peck's Bad Boy and his Pa* by George W. Peck, published in 1900, in which a character is quoted as saying, "Pa said he guessed he hadn't got much appetite, and he would just drink a cup of coffee and eat a donut." According to John T. Edge (*Donuts, an American passion* 2006) the alternative spelling "donut" was invented when the New York-based Display Doughnut Machine Corporation abbreviated the word to make it more pronounceable by the foreigners they hoped would buy their automated doughnut making equipment. The donut spelling also showed up in a *Los Angeles Times* article dated August 10, 1929 in which Bailey Millard jokingly complains about the decline of spelling, and that he "can't swallow the 'wel-dun donut' nor the ever so 'gud bred'."

The interchangeability of the two spellings can be found in a series of "National Donut Week" articles in *The New York Times* that covered the 1939 World's Fair. In four articles beginning October 9, two mention the *donut* spelling. Dunkin' Donuts, which was so-named in 1950, following its 1948 founding under the name Open Kettle (Quincy, Massachusetts), is the oldest surviving company to use the *donut* variation; other chains, such as the defunct Mayflower Doughnut Corporation (1931), did not use that spelling.^[26] According to the Oxford Dictionary while "doughnut" is used internationally, the spelling "donut" is American. The spelling "donut" remained rare until the 1950s, and has since grown significantly in popularity; this growth in use has possibly been influenced by the spread of Dunkin' Donuts.

National Doughnut Day

National Doughnut Day, also known as National Donut Day, celebrated in the United States of America, is on the first Friday of June each year, succeeding the Doughnut Day event created by The Salvation Army in 1938 to honor those of their members who served doughnuts to soldiers during World War I.[30] About 250 Salvation Army volunteers went to France. Because of the difficulties of providing freshly baked goods from huts established in abandoned buildings near the front lines, the two Salvation Army volunteers (Ensign Margaret Sheldon and Adjutant Helen Purviance) came up with the idea of providing doughnuts. These are reported to have been an "instant hit", and "soon many soldiers were visiting The Salvation Army huts". Margaret Sheldon wrote of one busy day: "Today I made 22 pies, 300 doughnuts, and 700 cups of coffee." Soon, the women who did this work became known by the servicemen as "Doughnut Dollies".

Pink boxes

In the US, especially in Southern California, fresh doughnuts sold by the dozen at local doughnut shops are typically packaged in generic pink boxes. This phenomenon can be attributed to Ted Ngoy and Ning Yen, refugees of the Cambodian genocide who transformed the local doughnut shop industry. They proved so adept at the business and in training fellow Chinese Cambodian refugees to follow suit that these local doughnut shops soon dominated native franchises such as Winchell's Donuts. Initially desiring boxes of a lucky red color rather than the standard white, Ngoy and Yen settled on a cheaper, leftover pink stock. Owing to the success of their business, the color soon became a recognizable standard. Due to the locality of Hollywood, the pink boxes frequently appeared as film and television props and were thus transmitted into popular culture.

<https://en.wikipedia.org/wiki/Doughnut>

We have compiled for you the best ideas of dough recipes

Baking powder dough

120 gr plain flour
150 gr caster sugar or coconut sugar
1 tsp baking powder
¼ tsp baking soda
Pinch of salt
1 small egg

Basic vanilla icing

1 cup icing sugar
1 tbsp. butter, softened
½ tbsp vanilla extract
1-2 tbsp. milk
Food coloring of choice

RAINBOW DONUTS

Autor: <http://asparkofcreativity.com/easy-rainbow-donuts/>

Ingredients

- White cake mix (calls for oil, eggs, and water)
- 2 cans vanilla frosting
- Red, orange, yellow, green, blue, and pink food coloring
- Silicone donut mold
- Non-stick cooking spray

Instructions

1. Preheat your oven to 350° and **spray your silicone donut mold with a nonstick cooking spray.**
2. In a large mixing bowl, mix together your cake mix, oil, eggs, and water.
3. Pour your batter into a large freezer bag, cut one bottom corner off, and use to fill your donut molds 3/4 up.
4. Bake for 15 minutes, let cool, and carefully remove the donuts from the mold.
5. Add 1 cup of your vanilla frosting to a small bowl, heat for 30 seconds in the microwave, and mix.
6. Dip the top of your donuts into the melted frosting and place onto a piece of parchment paper.
7. In 6 separate small bowls, mix 1/4 cup of frosting with a different color food coloring, scoop each one into a different decorating bag.
8. Heat your decorating bags filled with frosting for 10 seconds, cut a small tip off the bottom, and drizzle your colored frosting over your donuts one color at a time starting with red then orange, yellow, green, blue, and pink.

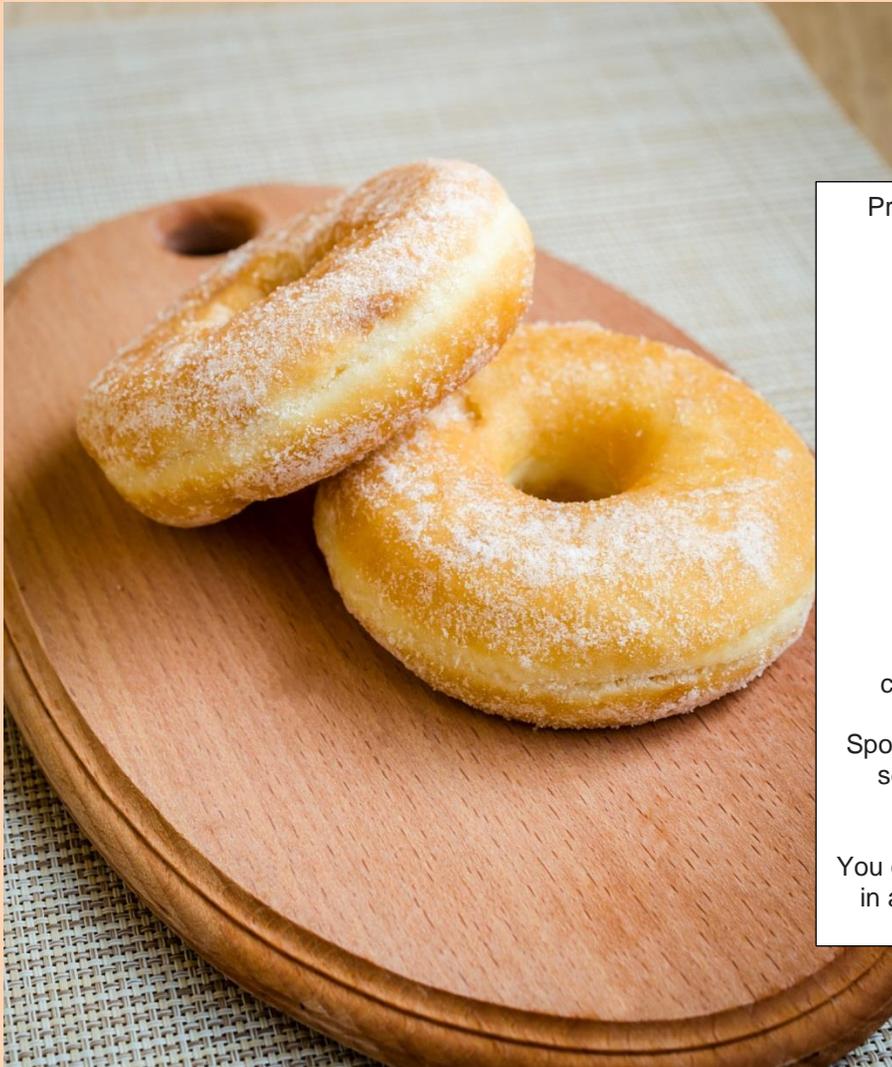


TIP

For easy cleaning, after use, immerse the donut silicone mold for 20 minutes in water. the remains of dough with a rag without scraping the surface. This ensures a long useful life of this silicone mold

DONUTS - cinnamon & sugar

<http://siliconemoulds.blogspot.com/2012/01/mini-doughnuts-donuts-by-bucketload.html>



Prepare your silicone **spray your silicone donut mold with a nonstick cooking spray** Place mold on baking tray for support.

Preheat the oven to 200deg C / 180deg C fan

Recipe

1 cup (250ml volume) white granulated sugar
3 cups of self raising flour *
2 tsp vanilla extract
300ml milk (warmed)
3 eggs
2 tablespoons of honey
115g melted butter or use vegetable oil

can be substituted for 3 cups normal plain (cake flour) plus 4 tsp baking powder

Spoon some batter into each cell. Go easy ! You want to fill to just BELOW the center section - a little LESS than 1/2 full. First couple of trays, I had a tendency to way overflow.

You only need a small amount of batter per cell - about a dessert spoonful. I spooned it in and then used a damp finger to level it in the cell and expose the raised bit in the centre to ensure it was not covered over.

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Baked Cake Donuts

<https://amandascookin.com/baked-cake-donuts/>

Baked Cake Donuts dipped in chocolate and covered in sprinkles. Homemade donuts are probably easier to make than you think and you can save a trip to the donut shop!

Ingredients

2 cups flour
2/3 cup sugar
2 teaspoons baking powder
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1/2 teaspoon salt
3/4 cup buttermilk
2 large eggs beaten
2.4 Tablespoons butter melted
1 teaspoon vanilla
1 cup chocolate chips
1 teaspoon coconut oil

Instructions

Preheat your oven to 425 degrees and lightly spray a donut pan with non-stick spray. Set aside.

Add to a large bowl, all of the dry ingredients.

Add in the buttermilk, beaten eggs, melted butter, and vanilla. Stir until just combined.

Pour the batter into a large zip top bag and snip the tip to easily pour into the donut pan. It will fill 12 donut wells evenly.

Bake for 7-9 minutes or until golden brown.

While they are cooling, to a microwave safe bowl, add the chocolate chips and coconut oil and microwave for 30 seconds, stir, then microwave another 30 seconds (as needed) and stir until smooth.

Dip each cooled donut into the melted chocolate and immediately top with sprinkles.

TIP

spray your silicone donut mold with a nonstick cooking spray help the easy unmolding of your donuts

Gluten-Free Maple Bourbon Glazed Doughnuts

Autor: <https://www.kingarthurfLOUR.com/recipes/gluten-free-maple-bourbon-glazed-doughnuts-recipe>

Ingredients

2 cups (312g) King Arthur Gluten-Free All-Purpose Flour
1/3 cup (43g) cornstarch
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
3/4 teaspoon salt
3/4 teaspoon xanthan gum
1/2 cup (8 tablespoons, 113g) butter, softened
3/4 cup (113g) maple sugar
2 large eggs
1 3/4 cups (397g) milk
1/4 teaspoon maple flavor

Glaze

1 cup (113g) confectioners' sugar
1/3 cup (99g) maple syrup
1 teaspoon bourbon whiskey (please see tip below for substitution)

Instructions

- *Preheat your oven to 350°F and lightly grease two doughnut pans.
 - *Mix the flour, cornstarch, baking powder, baking soda, salt, and xanthan gum in a bowl, and set aside.
 - *With an electric mixer and paddle attachment, beat the butter and maple sugar until they're fluffy and the sugar begins to dissolve, about 2 minutes. Then add the eggs one at a time, beating well.
 - *Stir the maple flavoring into the milk and add it alternately with the blended dry mixture to the butter/sugar.
 - *Beat the batter on medium speed for approximately 30 seconds, then scrape the sides of the bowl and beat for an additional 30 seconds.
 - *Fill a large piping bag (or zip-top bag) with the batter, and pipe it into your prepared doughnut pans. Allow the batter to rest for 10-15 minutes before baking.
 - *Bake the doughnuts for 15 minutes. Remove them from the oven, and allow them to rest for just a minute or two before turning them out onto a rack to cool.
- *To make the glaze:** Mix all of the glaze ingredients, stirring until smooth. Dip the cooled doughnuts into the glaze and turn them out onto a cooling rack set atop parchment paper, to catch the drips.

TIP

If you want chocolate-flavored donuts, just add 2-3 teaspoons of cocoa to the dough and a tablespoon of milk for each teaspoon of cocoa that you add according to your taste

Coconut Doughnuts

Author: <https://www.kingarthurfLOUR.com/recipes/coconut-doughnuts-recipe>

Ingredients

3/4 cup (85g) Pastry Flour Blend
1/2 cup (99g) confectioners' sugar
1/2 cup (57g) coconut milk powder
2 tablespoons (14g) potato flour
1 teaspoon baking powder
1/8 teaspoon nutmeg
1/4 teaspoon salt
1 large egg
6 tablespoons (85g) water
3 tablespoons (35g) vegetable oil
1/8 teaspoon coconut flavor

Glaze

1 cup (113g) glazing sugar or confectioners' sugar
2 to 3 tablespoons (28g to 43g) heavy cream
1/8 teaspoon coconut flavor toasted coconut, optional, for garnish

Instructions

Preheat the oven to 375°F. Butter or grease your standard doughnut pan.

To make the doughnuts: Whisk together the dry ingredients.

In a separate bowl, beat the egg, water, oil, and flavor until frothy.

Pour the liquid mixture over the dry ingredients, and stir until well combined.

Fill each doughnut form about half full, using ¼ cup batter.

Bake the doughnuts for 12 to 14 minutes, until they spring back when touched lightly and are very light brown on top.

Cool for a few minutes, then spread with glaze, or dust with powdered sugar.

To make the glaze: Whisk together the confectioners' sugar, flavor, and heavy cream until smooth, adding more cream until glaze is the consistency of molasses.

Did the tops of the doughnuts in the glaze or use a spatula to spread the glaze onto the doughnuts.

Sprinkle over the toasted coconut, if desired, and allow the glaze to set before serving.

TIP

Prefer sugar-dusted doughnuts instead of glazed? Whisk or sift ½ cup confectioners' sugar with ½ cup coconut milk powder. Place into a bag. Shake slightly warm donuts gently in the bag to coat.

Low-Carb Chocolate Donuts

Author: <https://elanaspantry.com/chocolate-donuts/>

Ingredients

Donuts

¼cup coconut flour
¼cup cacao powder
¼teaspoon Celtic sea salt
¼teaspoon baking soda
4large eggs
½cup coconut oil, melted
3tablespoons maple syrup

Topping

½cup chocolate chips
1tablespoon palm shortening

In a food processor, pulse together coconut flour, cacao powder, salt, and baking soda

Pulse in eggs, coconut oil, and maple syrup until thoroughly combined

Fill each well of a donut mold half way full of batter

Bake at 350°F for 15-18 minutes

Remove doughnuts from pan and place on a cooling rack

Use a paring knife to cut hole in center of each doughnut

In a saucepan, melt chocolate chips and shortening

Drizzle doughnut with chocolate glaze

Cool and serve

TIP

Low-Carb Donuts for Kids with Sprinkles: If you use sprinkles (Let's Do Organic is an even healthier brand, though not as colorful) be sure to let your glaze cool for 10 minutes or so prior to applying sprinkles, otherwise they will melt down into the glaze.

12 Adorable Donut Decoration Ideas | Cakes, Cupcakes and More by So Yummy

SEE: <https://www.youtube.com/watch?v=aZ4AToXAIHo>



How To Make Donut Glaze

author: <https://asubtlerevelry.com/colorful-homemade-donut-glaze/>

To make the brightest donut glaze you will need:

- 1 cup powdered sugar
- 2 tablespoons water
- 1-2 drops of pink food coloring
- **Colorful sprinkles** for decorating



TIP

Whisk together the powdered sugar, water, and food coloring in a bowl. Using a whisk here is really important to ensure everything is combined well

Colored Mirror Glaze

author: <https://chefiso.com/b/colored-mirror-glaze-recipe/>

Mirror glaze is a stunning technique to decorate mousse cakes, entremets, and pastries. Deeply rooted in French tradition of haute pastry, this simple and easy technique will give your pastries a professional polish.

Ingredients

Makes enough to glaze about half a dozen 10-inch cakes.
You always want to have an excess of glaze, which you can save for future desserts.

350 grams white chocolate (12.25 ounces)

150 grams water (5.25 ounces, ~1/2 cups)

300 grams sugar (11.5 ounces, ~1 1/2 cups)

200 grams condensed milk (7 ounces, ~2/3 cups)

19 grams powdered gelatin (0.7 ounces)

1 tablespoon vanilla extract

Gel food dye

Unglazed frozen cake, such as milk peach entremets

Preparation

Quickly sprinkle the gelatin into the water and whisk together until it starts to thicken

Let this mixture sit and bloom until it fully gels and hardens

Meanwhile, prepare the glaze base.

Bring the water, sugar, and condensed milk to a gently simmer

Turn off the heat and stir the bloomed gelatin into the mixture. Pass this mixture through the sieve to remove any gelatin clumps.

Pour the mixture over the chocolate until it dissolves

This should take about 5-10 minutes for all of the chocolate to fully melt. Use an immersion blender fully submerged into the liquid to avoid introducing any air bubbles. Blend this until the entire mixture is smooth and homogenous.

Blend the food dye into the mirror glaze

Allow the mirror glaze to cool to the target temperature, which is about 92°F (33°C). Make sure you stir periodically to prevent a film from forming on the top.

When the glaze is between 90°F and 94°F (32°C - 34°C), it is ready to be poured over the cake. At this point be very careful not to introduce bubbles since the glaze is very viscous and they will not pop on their own. You must manually pop them or strain the mixture through a sieve.

For domes, simply drizzle a bit of the glaze over each dome.

Pour the do glaze over your frozen cake



TIP

You can cool and reheat many glacage recipes in the microwave repeatedly. Simply store it in an air-tight container in the refriaerator until readv to use in a future pastrv recipe

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and you can add yours to our community



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