

Maple Mash Donuts

Source: Shade Montague (www.madebyshade.com)

Servings: 12 **Prep Time:** 1 hour 10 minutes **Proof Time:** 1 hour 30 minutes

EQUIPMENT:

- Round cutters (1" and 3" diameter)
- Large pot for deep frying
- Metal tongs / Metal slotted spoon
- Food processor / Blender

INGREDIENTS:

Mashed Potato Donuts:

- 1/3 cup milk
- 1/4 cup sugar
- 1 3/4 tsp yeast
- 2 cups flour, sifted
- 1/2 cup mashed potatoes
- 1 egg
- 1/4 tsp salt
- Vegetable oil, for frying

Crumb Topping:

- 2 dinner rolls or biscuits
- 2 tbsp butter
- 3 tbsp sugar

Maple Glaze:

- 2 tbsp butter
- 1/4 cup brown sugar
- 1 1/2 tbsp milk
- 2 tbsp maple syrup
- 2 tsp corn syrup
- 2 cups powdered sugar, sifted

INSTRUCTIONS:

Mashed Potato Donuts (45 minutes + 1 hour 30 minutes proofing)

In a glass measuring cup, microwave the milk about 30 seconds to 1 minute, or until 105 to 115° F.

Whisk in 1 tsp of the sugar and yeast and set aside for 5 minutes or until foamy.

In a large bowl, mix the remaining sugar, flour, mashed potatoes, egg, salt, and milk mixture, until a shaggy dough forms.

Knead gently for a few minutes until a smooth, soft dough forms.

Transfer to an oiled bowl, cover with plastic wrap, and let rest in a warm place for 1 hour, or until doubled in size.

On a lightly floured work surface, roll out the dough with a rolling pin to about 1/3" thick.

With a floured 3" round cutter, cut out the donuts, handling the dough as little as possible.

With a 1" round cutter, cut out the centers, saving the donut holes to fry if you wish.

Spray the donuts lightly with oil and cover with parchment paper. Let them rest in a warm place for 30 minutes to rise again.

Heat a 1" thick layer of vegetable oil in a large pot to 365° F. Line a baking sheet with paper towels and set aside.

Fry the donuts in small batches for about 1 minute per side, then transfer with metal tongs, or a slotted metal spoon, to the paper towels to cool.

Crumb Topping (15 minutes)

Add the dinner rolls, or biscuits, to the bowl of a food processor. Pulse a few times until they become small crumbs.

In a small skillet, melt the butter over medium heat.

Add the dinner roll or biscuit crumbs to the pan and fry, stirring frequently, until the crumbs turn golden brown.

Add the sugar and stir to combine, continuing to fry until the crumbs begin to caramelize.

Remove from heat and immediately transfer the crumbs to a heat-safe bowl to cool completely, about 10 minutes.

Maple Glaze (10 minutes)

In a small saucepan, combine the butter, brown sugar, and milk over medium heat.

Once the sugar has fully dissolved, and everything is combined, remove from heat, and whisk in the maple syrup and corn syrup.

Gradually whisk in the powdered sugar until smooth.

Place a wire rack onto a baking sheet.

Immediately dip the donuts in the maple glaze, followed by the crumb topping, and set on the wire rack.

Reheat the glaze if it becomes too thick, adding a splash of milk if necessary.

Serve immediately. Donuts are best eaten same day, but leftovers may be stored in an airtight container for up to a couple days.

Enjoy!