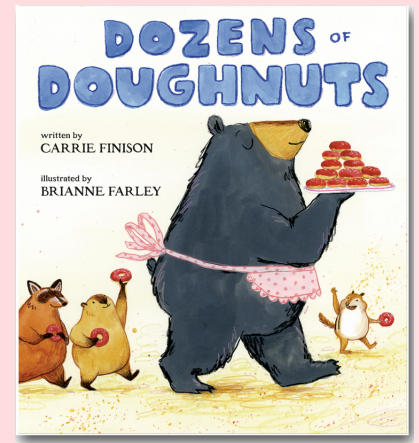




LOUANN'S BEAR-Y BEST DOUGHNUTS

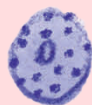


EQUIPMENT

- An adult helper to fry the doughnuts
- Large pan or pot (a Dutch oven works well)
- Doughnut cutter OR one large and one small round cutter
- Rolling pin
- Vegetable oil for frying

INGREDIENTS

- 2 1/3 cups flour
- 1/3 cup granulated sugar
- 2 1/4 teaspoons baking powder
- 3/4 teaspoon kosher salt
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 large egg
- 1 egg yolk
- 1/2 cup buttermilk
- 1/2 cup sour cream



VANILLA GLAZE

- 2 cups confectioners' sugar
- 1/4 cup buttermilk, milk, or water
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon kosher salt
- Food coloring (optional)



DIRECTIONS

1. In a large mixing bowl, whisk together the DRY ingredients: flour, sugar, baking powder, salt, nutmeg, cinnamon.
 2. In a small mixing bowl, whisk together the WET ingredients: egg, egg yolk, buttermilk, sour cream.
 3. Pour the wet ingredients into the dry ingredients and mix with a wooden spoon or rubber spatula until just blended. Do not over mix.
 4. Place the dough on a floured surface and knead 4-5 times into a large ball. The dough will be sticky.
 5. Roll dough about 3/4 inch thick. Flour the cutters and use them to cut doughnut shapes.
- ADULT: Set a large pan or Dutch oven over medium heat. Pour in vegetable oil until it is about 1 1/2 inches deep. When the oil is hot, but not smoking, place two doughnuts into the pan. Cook 1-2 minutes per side until golden brown. Use tongs or a slotted spoon to turn the doughnuts. When golden, remove to a wire rack lined with paper towels.
7. While the doughnuts are still warm, whisk the glaze ingredients together in a small bowl. Glaze and add topping of your choice (rainbow sprinkles, cereal, gummies). Leave on wire rack to dry.



DOUGHNUTS ARE BETTER SHARED!

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