



John's Raspberry Jam Baked Doughnuts



Ingredients for the dough:

450g bread flour
7g yeast
1 teaspoon salt
275ml milk
50g unsalted butter
1 beaten egg
75g caster sugar



Ingredients for the filling and sugar coat:

100g caster sugar
1 tablespoon cinnamon
100g unsalted butter
Raspberry jam (with or without seeds depending on what you like!)

"I always have all the ingredients measured and within reaching distance prior to starting."

Method



Step 1: Make the dough

1. Mix the bread flour, yeast and salt in a bowl.
2. Bring the milk to the boil. Take it off the heat and add the butter.
3. Add the beaten egg into the milk and butter mix.
4. Mix the dry ingredients and the wet ingredients together until it forms a stiff dough.
5. Rest for two hours.

"I break the method into different actions to help me remember where I'm up to and to make following the recipe simpler and less tiring."

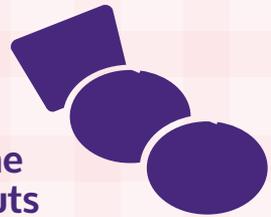
"Get all the equipment you need ready before you start so you don't have to search for it while you're cooking."

"I try to use my hands to mix ingredients as it's good rehabilitation. But you can use an electric mixer if it's easier for you."

"This recipe takes time, but this gives me time to rest and recover too."



Step 2: Shape the doughnuts



6. Flour the surface and gently knead the dough.
7. Cut the dough into equal portions (about 50g each) and shape them into smooth balls.
8. Put them on a baking tray and leave them for an hour to rise.



"I turn them over halfway through cooking. I use a timer to help me remember I've put them into the oven."

Step 3: Bake



9. Heat your oven to 220°C.
10. Put your dough in the oven for 15-18 minutes until brown.
11. Once baked leave to cool.



Step 4: Make the filling and sugar coat:

12. Melt the butter.
13. Add cinnamon to the caster sugar.
14. Use a brush to cover each donut with a bit of butter. Then roll them in the sugar/cinnamon mix to coat them.
15. Syringe the raspberry jam into the middle of the sugared doughnuts.
16. Enjoy and share with others!



"I use a big syringe so it is easy for me to handle."

Join John and our UK-wide community of bakers hosting bake sales for Give a Hand and Bake. Find out how you can get involved at stroke.org.uk/bake.