

CAKE DOUGHNUTS (HOMEMADE)

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	26 g	3 g	7 g	24 mg	197 mg	78 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 NUTMEG,GROUND
 SHORTENING
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 EXTRACT,VANILLA

Weight

5-1/2 lbs
 3-7/8 oz
 1-5/8 oz
 5/8 oz
 1/4 oz
 7-1/4 oz
 1-1/2 lbs
 1-1/4 lbs
 2 lbs
 1/2 oz

Measure

1 gal 1 qts
 1/2 cup
 1/2 cup 2-2/3 tbsp
 1 tbsp
 1 tbsp
 1 cup
 3-3/8 cup
 2-1/4 cup
 3-3/4 cup
 1 tbsp

Issue

Method

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper.

Notes

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.