

‘FLEUR D’ORANGER’ DOUGHNUT

Pastry recipe / by Michael Laiskonis



For 12 portions.

1. Orange Flower Doughnuts

Ingredients

Frozen fruit purée 100% :
Mandarin - 40g

Flour - 400g

Dry yeast - 3g

Sucrose - 75g

Salt - 3g

Egg - 1

Orange blossom water -
10g

Vegetable oil - As required

Whole milk - 120g

Melted butter - 50g

Place the flour in the bowl of an electric stand mixer, followed by the instant yeast, sucrose, and salt. Using the dough hook attachment, mix the dry ingredients until thoroughly combined.

Add the warmed milk (warmed to 37°C/100°F), followed by the egg, mandarin puree, orange flower water, and the melted butter.

Continue mixing, on medium speed, until a smooth, tight dough forms, about 8-10 minutes.

Cover the bowl and allow to bulk ferment at room temperature for 30 minutes. Turn the dough and cover; retard under refrigeration for approximately 12 hours, or overnight.

Turn the dough onto a lightly floured work surface. Roll out to a thickness of 2cm. Cut the dough with a floured ring cutters and transfer to a lightly floured tray (if desired, the remaining scraps may be gently pressed together and rolled one additional time).

Cover the cut dough with cloth and proof at room temperature for about 20-30 minutes. When the doughnuts have risen to about 3 to 4cm thick, they are ready to be fried.

Place the doughnuts into vegetable oil heated to 190°C/375°F, a few at a time - place a strainer into oil and then place each doughnut onto the strainer into oil to avoid splashing and sticking. Cook for 2-3 minutes on each side.

Remove the doughnuts from the oil and drain on towel lined pans. When slightly cooled, apply the Mandarin Glaçage and then garnish with semi-candied orange and ground pistachio.

In this step



Frozen fruit purée
without added sugar* :
Mandarin

Frozen fruit purées

2. Mandarin Glaçage

Ingredients

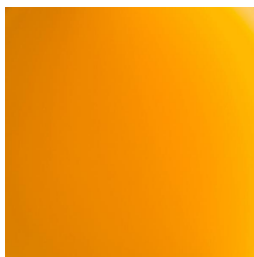
Frozen fruit purée 100% :
Mandarin - 30g

Icing sugar - 150g

Whole milk - 30g

Place the confectioner's sugar in a medium-sized bowl. Combine the milk and mandarin puree; slowly stir the liquid into the confectioner's sugar to produce a smooth, pourable glaze.

In this step



Frozen fruit purée
without added sugar* :
Mandarin

Frozen fruit purées

3. Garnish

Ingredients

semi-candied orange -
100g

Pistachio paste - 25g