

BAVARIAN DOUGHNUT



Ingredients for 12 pieces

500 g flour
250 ml milk
2 eggs
50 g butter
40 g sugar,
20 g yeast
1 pinch of salt
approx. 1 kg deep fry fat

Preparation

1. Mix the ingredients to a light dough and kneed well.
2. Divide into 12 equally sized portions and roll each into a ball. Leave to rise at room temperature.
3. With greased fingers pull each of the dough balls out to a circle of some 15 cm creating a thin bit in the center that is almost transparent.

4. Fry in a deep fat fryer (180 °) ensuring that the edges go golden brown whilst the center stays white.
5. Drain on kitchen paper and leave to cool.
6. Dust with sugar or icing sugar before serving.

Notes

The "Auszogne" is often known as a Bavarian Doughnut. This traditional fried yeast dough pastry is found in Old Bavaria, Franconia and Swabia and also Thuringia in eastern Germany and Western Austria.

The center had to be thin enough "to read love letters through it", while the edges remained thick. After the dough cakes were fried in hot clarified butter, lard or oil they are sprinkled with confectioner's sugar.

In the past "Auszogne" were made mainly during the autumn harvest season and holidays.