

## *Blackberry and Cream Filled Donuts*



### Dough Ingredients

1 ½ oz. vegetable shortening  
2 oz. granulated sugar  
.25 oz. salt  
¼ tsp. ground cardamom  
.75 oz. powdered milk  
1 ea. egg  
14.5 oz. bread flour  
.25 oz. yeast  
8 oz. water, warm to the touch

### Filling:

1 cup blackberry preserves  
1 cup pastry cream

bench flour  
2-3 quarts vegetable or canola oil for frying  
2 cups granulated sugar mixed with 2 tbsp.  
ground cinnamon  
for tossing

### Procedure

1. Combine shortening, sugar, salt, cardamom, powdered milk and egg in the bowl on a stand mixer fitted with dough hook. Mix well until choppy in appearance. (mixture will not become homogenous).
2. Add flour, yeast, and water. Mix on second speed for 6-8 minutes, or until smooth.
3. Remove from mixer and cover the bowl tightly with plastic wrap. Allow to rest in a warm area until doubled in size 1-2 hours.
4. Flour a work surface and turn dough out. Pat or roll dough to ½ inch thick. Using a 1 ½-2" round cutter (such as a water glass), cut circles and lay out on a lined sheet pan so there is at least ½ inch in between each piece.
5. Loosely cover and allow dough to rise until double in size- approximately 30 minutes. (alternately- these can be frozen now. Defrost and proof when ready, approximately 1-2 hours at room temperature or overnight in the refrigerator).
6. Heat oil in a large 8 qt. stockpot over medium high heat until it reaches 350°F. (Or use a deep fryer).
7. When oil is hot, carefully submerge 3-4 donuts at a time and fry until golden brown, flipping over if necessary.

8. Carefully remove from oil, and drain on paper towels for a few minutes. Then toss in cinnamon sugar mixture if desired.
9. With a knife cut a small incision in the side of the donut.
10. Put pastry cream into a pastry bag fitted with a small tip, or a plastic sandwich bag with a corner cut off. Do the same with the blackberry preserves.
11. Hold the donut in your hand, insert the bag for one of your fillings into the incision and squeeze approximately 1 tbsp. of filling in. Repeat with the second filling until the donut slightly bulges and a little filling shows in the incision.
12. Best if eaten immediately!

Yields approximately 1 dozen donuts, depending on size

©2017 Chef Jennifer M. Denlinger [www.FloridaChef.net](http://www.FloridaChef.net)