TATUA
Specialised Dairy

Blueberry Creamed Donuts

Ingredients

DONUTS:
1 1/2 cups milk, warmed
1 packet (8g) instant yeast
4 cups flour (preferably high grade)
1/4 cup white sugar
50g butter, melted
1 egg, whisked
Extra 1/4 cup flour for kneading
Canola or cooking oil for frying (about 3 cups)
1/2 cup white sugar for dusting
1 tsp cinnamon

BLUEBERRY SAUCE:
125g (1 cup) fresh or frozen blueberries
2 Tbsp lemon juice
1/4 cup caster sugar
3/4 cup water
1 Tbsp cornflour dissolved in 1/4 cup of cold water

Tatua Dairy Whip to serve

Method

1. Combine warm milk with instant yeast in a medium bowl, cover and leave aside for 5-10 minutes.
2. Sift flour into a large mixing bowl (or the bowl of a stand mixer if using), add sugar and mix to combine. Pour in milk and yeast mixture, melted butter and whisked egg, and combine with the flour mixture to form a soft, pliable dough.

3. NOTE: If using a stand mixer, mix on low speed using dough hook attachment until the dough comes together, about two minutes. Slightly increase the speed and knead for another 10 minutes, adding a tablespoon of flour every so often if the dough is too wet and sticky. You don't want to add too much flour, as the dough still needs to be silky and a little bit tacky.
4. If kneading by hand, tip dough out onto a floured bench after step 2, and knead continuously for 10 minutes, adding a tablespoon of flour every so often if the dough is too wet or sticky. Remember, the dough needs to be silky and a little bit tacky to the touch when finished kneading.
5. Place dough back into mixing bowl and cover with cling film, a large plate or a damp tea towel and leave in a warm place to prove for two hours. The dough should at least double in size during this time.
6. When ready, punch the dough flat, and break into small pieces and roll into balls (approx. 4cm diameter). Press them down to flatten and place onto a lined tray, ensuring there is space between each as they will rise again. Cover with cling film, and leave to rise for a further 30 minutes. While waiting for dough to rise (first rise, or second rise) make the blueberry sauce.

BLUEBERRY SAUCE:

1. Combine blueberries, lemon juice, caster sugar and water in a medium saucepan, and stir over a medium heat until thickened and a deep purple colour (approx. 5 minutes). Add the cornflour and water mixture and stir over a medium heat until combined and translucent. Pour into a bowl and put into refrigerator to cool.
2. When dough is ready, heat oil in a deep frypan over a medium heat. You don't want the oil too hot, as the donuts will brown before they are cooked inside.
3. Fry donuts in the oil, 4 or 5 at a time, allowing each donut to become golden before turning over to cook the other side, about two minutes per side.
4. Transfer cooked donuts to a tray or wire rack to cool.
5. In a small bowl mix together the second portion of sugar and cinnamon, and when donuts are cool enough to handle, sprinkle sugar mix over the donuts and roll each donut to coat.
6. Slice donuts through the middle, spoon blueberry sauce over the base, top with Tatua Dairy Whip, and place the top of the donut back on.

Enjoy the ultimate creamed donuts immediately!

Makes 16 large donuts

Please consider the environment before printing this recipe