
les
FILLES
de
MADELEINE

cinnamon sugar doughnuts w/ cardamom cream

(adapted from samantha seneviratne's the new sugar & spice)

ingredients

for the cardamom cream

500 ml whole milk, divided
2 tbsp cardamom pods, lightly
crushed

125 gr granulated sugar

50 gr cornstarch

2 large egg yolks

100 ml heavy cream

for 12-14 doughnuts

500 gr all-purpose flour

11 gr instant yeast

1/2-1 tsp cinnamon

200 ml whole milk, lukewarm
(around 40°C)

2 large eggs, lightly beaten

2 large egg yolks, lightly beaten

50 gr granulated sugar

1 tsp salt

85 gr unsalted butter, at room
temperature

to finish

vegetable oil, for frying

150 gr granulated sugar

1 tsp cinnamon

how to

for the cardamom cream (best made a day in advance)

1. In a medium saucepan, combine ca. 400 ml of milk and all the cardamom pods and bring to a low simmer. Remove from the heat and let steep for 10 minutes.

2. In a medium bowl, whisk together sugar and cornstarch. Add remaining 100 ml of milk, followed by the egg yolks and whisk to combine. Keep ready a fine-mesh sieve set over a medium bowl.

3. When the milk has been infused, put it back on the heat and bring to the boil. Pour hot milk into the egg mixture and whisk vigorously to combine. Pour the entire mixture back into the saucepan and, over medium heat, bring back up to the boil. Be sure to stir the mixture constantly, so as not to let it burn. Cook until boiling and thick, a couple of minutes.

4. Strain mixture through the sieve and discard any solids. Press plastic wrap onto the surface of the cream and refrigerate until completely cool, preferably overnight.

5. Wait to finish the cardamom cream until the doughnuts are baked.

for the doughnuts

1. In the bowl of a stand mixer fitted with the dough hook, or using a wooden spoon or your hands, combine flour, instant yeast and cinnamon, just to disperse yeast and cinnamon throughout the flour.

2. Start the mixer on low and add the milk to the flour mixture, followed by the eggs and egg yolks, the sugar and, finally, the salt. Knead to combine, then knead for about 3 extra minutes. (If kneading by hand, dump flour onto the work surface, make a well in the center and pour milk into the well. Working from the inside out, and slowly adding the rest of the ingredients, mix everything until a dough forms and knead for about 6 extra minutes.)

3. With the mixer still on low, or kneading with your hands, add the soft butter, piece by piece. Work the butter into the dough. Once it's incorporated, knead on medium speed for an additional 10 minutes or so, until the dough is smooth, soft and elastic. In the meantime, grease the inside of a large bowl with butter or cooking spray.

4. Dump dough out onto work surface and shape into a ball. Transfer the ball to the prepared bowl, cover with plastic wrap and refrigerate for ca. 3 hours.

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(continued)

5. Line two baking sheets with parchment paper and dust well with flour.
6. Dump cold dough onto a lightly floured work surface and roll into a rectangle of 1 to 1,5 cm thickness. Using a 7-8 cm round cookie cutter, cut out dough rounds and set them on the prepared baking sheets. Use a smaller cookie cutter (2-3 cm) to cut out doughnut holes from the dough scraps.
7. Loosely cover the baking sheets with plastic wrap or a clean kitchen towel and set in a warm place to proof. Depending on the temperature of the room and the dough, this could take anywhere from 30 minutes to a couple of hours. Keep an eye on the dough: it should look puffy and spring back slowly when pressed gently. (In our living room, with an average temperature of ca. 20°C, it usually takes about 1,5 hours.)
8. When you're ready to fry, line a cooling rack or a couple of plates with paper towels. In a shallow bowl, combine sugar and cinnamon. Add 5-10 cm of oil to a medium, heavy-bottomed pot and heat the oil to 180°C. (Alternatively, set deep fryer to 180°C.)
9. Carefully add 2 to 3 doughnuts to the oil and fry until golden brown, a couple of minutes per side. Use a slotted spoon to remove doughnuts from the oil and transfer them to the lined cooling rack.
10. When the doughnuts are cool enough to handle (but still warm), toss them in the cinnamon sugar until thoroughly coated. Set aside to cool completely.

to finish

1. To finish the cardamom cream, remove it from the refrigerator and whisk to loosen it. Beat heavy cream to stiff peaks, then fold it into the cardamom cream. Spoon mixture into a piping bag fitted with a small round nozzle.
2. Using a chopstick or the back of a wooden spoon, poke a hole into the side of each doughnut. Swirl the chopstick around a little, but be sure not to poke through the other side. Insert the tip of the pastry bag into the hole and squeeze gently to fill.
3. Serve immediately. These are best the day they're made, but they'll keep for a couple of days in the refrigerator.