

Sufganiyot for Hanukkah

From HebrewRootsMom.com

Sufganiyot are like jelly donuts and are a traditional food eaten during Hanukkah. Because they're fried in oil, they remind us of the miracles of Hanukkah - the victory of God's people and the oil that lasted 8 days. The origin of this dessert, as well as its name are debated, but what's for sure is that it's a common sight on Hanukkah tables around the world.

Recipe by Taste of Home

Ingredients

1/2 c. whole wheat flour (I've used all-purpose and it works fine also)

1 package (1/4 oz) active dry yeast

1/4 t. ground cloves

1-1/2 to 2 c. all-purpose flour

1/2 c. water

1/4 c. honey

2 t. canola oil

1 large egg

1/2 t. vanilla extract

Oil for deep fat frying

3/4 c. seedless raspberry preserves

Confectioner's sugar

Directions

In a large bowl, mix the whole wheat flour, yeast, cloves and 1-1/4 cups all-purpose flour.

In a small saucepan, heat the water, honey and oil to 120°-130°.

Add to dry ingredients; beat on medium speed for 2 minutes. Add egg and vanilla; beat 2 minutes longer.

Stir in enough remaining flour to form a soft dough (dough will be sticky).

Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes.

Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch down dough. Turn onto a lightly floured surface; roll dough to 1/4-in. thickness. Cut with a floured 2-in. biscuit cutter.

In an electric skillet or deep fryer, heat oil to 375°. Fry doughnuts, a few at a time, for 45 seconds on each side or until golden brown. Drain on paper towels.

Cut a small hole in the tip of a pastry bag or in a corner of a resealable bag; insert a small tip. Fill bag with preserves.

With a small knife, pierce a hole into the side of each doughnut; fill with preserves.

Dust with confectioners' sugar. Serve warm.