

How to Make Filled Donuts

Bismarcks are donuts filled with pastry cream or sometimes, jelly. If you can make donuts, you can make bismarcks. Just make them as donuts but fill them. You will need a pastry bag or a decorating set with a long nozzle.

3 1/2 to 4 cups bread flour
1 package 7 gram instant yeast, SAF or equal
1 cup water at 105 degrees 1 teaspoon salt
1/4 cup dry milk, preferably baker's dry milk
1/4 cup sugar
2 tablespoons shortening
1 large egg

oil for deep frying



1. Place about two cups of the flour in the bowl of your stand-type mixer. Add the yeast. Add the water. Mix the water with the flour with a dough hook for 30 seconds or until the yeast is dissolved and the ingredients begin to combine.
2. Add the salt, dry milk, sugar, shortening, and egg and continue mixing. Add most of the remaining flour and continue mixing at medium speed for at least four minutes adding more flour as needed to reach a soft dough consistency. (It is important that the dough be mixed for four minutes to develop the gluten.) The dough should clear the sides of the bowl but will be soft, not firm, to the touch.
3. Once the dough is mixed, place it in a large greased bowl, turning once to coat both sides, and cover with plastic wrap. Let rise until double, about one hour.
4. Once the dough has risen, roll it out on a floured counter. Let it rest for ten minutes. Finish rolling the dough to one-half inch thick. Use a floured circle cutter to cut out the donuts.
5. Cover the donuts and let them rise until they are very light, 30 to 45 minutes.
6. Heat the oil to 375 degrees. Add the donuts, a few at a time, to the hot oil being careful not to splash oil. Fry for about one minute and then turn the donuts with tongs. Fry for another minute. The donuts should be golden on both sides. Remove the donuts to drain on paper towels.
7. Once the donuts have cooled, fill a decorating set or pastry bag with pastry cream. Using a long nozzle tip inserted in the side of each donut, press pastry cream into donuts. You will feel the donuts become plump and firm as they fill.
8. Glaze or frost your donuts, or dip them in powdered sugar, granulated sugar or cinnamon vanilla sugar.

Professional Pastry Cream

2 cups milk
1/3 cup granulated sugar
2 large egg yolks
1 large egg
1/4 cup cornstarch
1/3 cup granulated sugar
2 tablespoons butter
1/2 tablespoon vanilla

1. In a heavy saucepan, dissolve the sugar with the milk and cook over medium, stirring often, just until the mixture comes to a boil.
2. In a stainless steel bowl beat the eggs yolks and whole egg.
3. Sift the cornstarch and the sugar into the eggs. Beat with a whip until smooth.
4. Temper the eggs by drizzling the hot milk into the eggs while beating the eggs. Once smooth, return the mixture to the pan.
5. Cook the mixture over medium heat, stirring constantly, until it comes to a boil and thickens.
6. Remove the cream from the heat and stir in the butter and vanilla. As soon as the butter is melted, pour the cream into a shallow container and refrigerate until it has cooled.
7. When you are ready to use, take the cream from the refrigerator and whip until light.

Lemon Filling

2 tablespoons cornstarch
3/4 cup granulated sugar
1/2 cup water
2 large egg yolks
zest from one small lemon
1/4 cup lemon juice (fresh squeezed or bottled from concentrate)
1 tablespoon butter

1. Combine the cornstarch and sugar in a medium saucepan. Stir in the water. Add the egg yolks, zest, and lemon juice.
2. Cook over medium heat, stirring with a whisk often, until the mixture comes to a boil. Cook for one more minute. Set aside to cool.

Homemade Marshmallow Cream

For a treat kids all ages will enjoy, split the gingerbread and make a gingerbread-marshmallow cream sandwich.

3 large egg whites
1/4 teaspoon cream of tartar
2 tablespoons granulated sugar
1/3 cup water
3/4 cup light corn syrup
2/3 cup granulated sugar
1/2 tablespoon vanilla extract

1. In a very clean glass or metal bowl, beat the egg whites and cream of tartar until light and foamy. With the mixer still running, sprinkle in the two tablespoons of sugar. Continue beating until soft peaks form. Set aside.
2. In a small saucepan, mix the water, corn syrup, and granulated sugar together. Cook over medium heat until it boils and comes to the firm ball stage (246 degrees). Do not overcook.
3. Drizzle the hot syrup into the egg whites with the mixer running on low. Turn the mixer to high and beat for five or six minutes or until the sauce is very fluffy and the consistency of marshmallow cream. Beat in the extract.

Vanilla OR Chocolate Donut Glaze

1/4 cup milk
1/4 teaspoon vanilla extract
2 cups powdered sugar
1 tablespoon dark cocoa (optional--to make chocolate glaze)

1. Combine milk and vanilla in a medium saucepan and heat over low heat until warm.
2. Sift confectioners' sugar and cocoa if desired into milk mixture. Whisk slowly, until well combined. Remove the glaze from the heat and set over a bowl of warm water.
3. Dip donuts into the glaze, 1 at a time, and set on a draining rack placed in a half sheet pan for 5 minutes before serving.

Chocolate Frosting

1/2 cup butter
4 ounces dark or milk chocolate chips or bars
2 cups powdered sugar
2 teaspoons vanilla extract
1/2 cup milk

1. Combine butter and chocolate in medium saucepan and heat over medium heat until melted.
2. Turn off heat, add the powdered sugar, vanilla and milk (a little at a time until it reaches the desired consistency) and whisk until smooth.
3. Place the mixture over a bowl of warm water and dip the donuts immediately.
4. Allow glaze to set for 30 minutes before serving.