

CRONUTS



Manini's asked me to make this for their website. I am a huge fan of their flour and I make all my bread with it. My Quinoa Chia Bread is my favorite. I am not a huge fan of eating these sweet treats, but I have to say these turned out rather well. They taste like croissant, but have the texture and sweetness of a donut. I tried a bit of one that had fallen apart, with a strong black Turkish coffee, and it wasn't too bad. If you can't eat gluten and you like croissants and donuts, I expect you will simply love these.

The key to making these, is the temperature of the oil. My first one fell apart because it wasn't hot enough. You must make sure you get the oil to exactly 350F and keep it there. When you have finished cooking the first two, take the temperature again and make sure it hasn't dropped below 350F. Also, don't let the temperature go above this, or they will be ready on the outside but raw in the center. Makes 9 x 3 inch Cronuts

For the Dough |

2 1/3 cups Manini's Multi-Purpose Flour 3/4 cup sorghum flour 1 1/2 teaspoons xanthan gum 1/3 cup Honey or Agave 4 tsp Active Dry Yeast 1 Cup Whole Milk 1/2 Cup Cream 1 tsp Pure Vanilla Extract

Butter

2 1/2 Sticks Cold Butter 3 Tbsp. Additional Manini's Multi-Purpose Flour for rolling the dough

Safflower oil for frying Fine sugar for dusting

Put Multi-Purpose Flour, sorghum flour, xanthan gum, and salt into a mixer with a paddle or large bowl and mix for 1 minute. Add the honey and yeast and whisk to blend.

Warm, Milk, vanilla and cream to 100F.

Add the warm milk mix to dry mix and beat for 3 minutes. The dough will be smooth.

Leave dough in a bowl in warm area for 30 minutes.

Turn the dough out onto greased parchment paper. Gently press into a rectangle, about 1 1/2 inches thick.





Make a pouch by rolling edges of paper or cover with plastic wrap and chill 1 to 2 hours.



Cut cold butter into small pieces. Add 3 tbsp. Multi-Purpose Flour and butter to mixer and using a paddle attachment, blend butter and flour until smooth (30 seconds).

Chill butter for 20 minutes.

Turn onto a sheet of parchment paper. Press with fingers into a 9×9-inch square. Chill, while you get the dough out.



Roll dough to a 12 x 12 inch square. Place the butter square in the center of the dough.



Roll sides of dough over to make a 9- x- 12 inch rectangle. Cover with parchment paper and chill for 30 minutes.



Roll out dough on a floured surface, to 15 x 9 inches. Fold into thirds and chill for 40 minutes.



Follow this step 2 more times. Chill for at least 40 minutes in between rolling.

After the final roll, chill for 40 minutes.

Sandwich between 2 pieces parchment paper and Roll dough to 1 inch thick. Cut 3 inch rounds and cut out the center. Chill dough every few minutes or as it starts to melt.



Let rounds rise in a warm place for 20 minutes before cooking. Heat 2 inches of safflower oil in a heavy skillet. Heat to 350F. Be very precise. Too cool and they will fall apart. Too hot and they will burn on the outside and be raw in the center.



Add two dough rounds at a time and cook until golden. Place on paper towel to absorb excess oil. Sprinkle with fine sugar



By Monica

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