

**BREADS AND SWEET DOUGHS No.D 019 04**  
**CRULLERS**

**Yield** 100

**Portion** 1 Doughnut

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
191 cal	26 g	4 g	8 g	11 mg	170 mg	13 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SALT  
 SHORTENING  
 EGGS,WHOLE,FROZEN  
 WATER,COLD  
 EXTRACT,VANILLA  
 FLOUR,WHEAT,BREAD  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 NUTMEG,GROUND

**Weight**

3-3/4 oz  
 1-5/8 lbs  
 1 lbs  
 1-1/2 oz  
 9 oz  
 8-5/8 oz  
 1-1/4 lbs  
 1-3/8 oz  
 3-7/8 lbs  
 2-1/4 lbs  
 1-3/4 oz  
 1/4 oz

**Measure**

1/2 cup 1 tbsp  
 3 cup  
 2-1/4 cup  
 2-1/3 tbsp  
 1-1/4 cup  
 1 cup  
 2-3/8 cup  
 3 tbsp  
 3 qts 1 cup  
 2 qts  
 3/4 cup  
 1 tbsp

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours, milk, and nutmeg; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into 3 (3 lb 8 oz) pieces; shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece into rectangular strips, 8 inches wide, 28 to 30 inches long, and 1/2-inch thick. Cut into strips 1/2-inch wide; fold in half, seal end, and twist into spiral shape.
- 8 PROOF: Place on floured sheet pan; let rise 30 minutes or until light.
- 9 FRY: Until golden brown on underside. Turn and fry on other side. Drain on absorbent paper.  
 When cool, roll in granulated sugar or sifted powdered sugar or in Cinnamon Sugar Filling, Recipe No. D 042 00 or dip in Vanilla Glaze, Almond Glaze, Rum Glaze, Recipe Nos. D 046 00, D 046 01, D 046 02. Place glazed doughnuts on racks to drain.