



Sunday food

QUICK, SIMPLE AND TASTY

Food editor: Wendy Hargreaves

Delightful doughnuts



GUY GROSSI

Head chef Grossi Florentino, Mirka at Tolarno Hotel

THESE wonderfully plump, sugary balls of fried dough are so delicious, you won't be able to stop at one.

Traditionally filled with custard, these little parcels can also be filled with chocolate custard or a candied orange ricotta cream. Old-fashioned jam also works well.

When frying the doughnuts, I like to use a mildly flavoured vegetable oil such as cottonseed oil. Olive oil is too strong in flavour and also expensive for this use.

Like any pastry work, this recipe requires a little patience.

You must prove the dough twice to ensure the best quality doughnuts, but I can assure you it is well worth the effort.

Making pastries that use yeast-leavened dough is a beautiful way to cook.

Working with yeast, a living organism, and watching the way it grows is an amazing and rewarding part of this process.

BOMBOLONI

Ingredients

1kg plain flour (Italian type 00)
30g orange rind, finely chopped
100g caster sugar
40g fresh yeast
25g salt
10 eggs



EDITOR'S VERDICT
Cooked fresh, these sweet gems are irresistible

Picture: IAN CURRIE

400g unsalted butter at room temperature
Oil for deep frying

Sugar and cinnamon for dusting
METHOD

In a bowl, combine the flour, sugar and salt. Add the orange rind. In another bowl, whisk the eggs with the yeast and add to the flour. Mix until the

dough comes away from the bowl. If the dough is still a little stiff, add a drop of cold water.

Combine the softened butter through the mix until all the butter has been incorporated evenly throughout the dough. The mixture should be glossy and smooth. Cover the bowl with

plastic wrap, leave in a warm area and allow to prove until doubled in size. Keep an eye on the dough during this process. It shouldn't take more than two hours.

Once doubled in size, knock back the dough with a few punches and place in the fridge for two hours.

Place the dough on a floured

surface and roll into 7cm balls. Place on a tray and cover and allow to rise for 45 minutes to an hour to triple in size.

Deep fry in hot oil until golden brown. Once removed roll immediately in sugar and cinnamon mix.

Fill with jam or custard while still warm by inserting piping bag at the bottom of the ball.



In season... heirloom beetroot

BEAUTIFUL purple beetroot is cheap and tasty right now, but a new candy-striped heirloom variety is also available.

The chioggia beetroot (above) is grown by Wayne and Tash Fields at Peninsula Fresh Organics at Baxter on the Mornington Peninsula.

Paler and sweeter than regular beetroot, the chioggia has a distinctive stripe that stays intact after cooking. They taste great roasted, boiled or grated into salads.

Wayne and Tash sell bunches of three good size chioggia beetroot for \$4 at farmers' markets.

Find them today at the Melbourne Showgrounds market (to find your local market, go to vicfarmersmarkets.org.au).

Chef Michael Zandegu will also be at the Melbourne Showgrounds market today doing a gnocchi demo.

He uses market beetroot to make a tangy relish (right, recipe below) that goes down a treat with roast pork, chicken or on a homemade hamburger.



BEETROOT AND MINT RELISH

Ingredients

500g beetroot, finely diced
1 small onion, diced
1 clove garlic, diced
2 fresh bay leaves
4tbs water
Juice and zest of 1 lemon
Juice of ½ grapefruit
¼ cup orange reduction (juice of 4 oranges with 2tbs of sugar boiled to a syrup)
80g raw sugar
100g caster sugar
¼ cup extra virgin olive oil
¾ cup cider vinegar
1 cinnamon stick
¼ bunch
20 leaves fresh mint, shredded

METHOD

Gently cook onion, garlic and bay leaves with olive oil in a small saucepan until soft. Add sugar, vinegar and citrus and bring to boil. Add beetroot and cinnamon and bring to boil. Reduce heat to medium until liquid thickens, remove and stir in mint.

Sunday Herald Sun

5 of the best

Doughnuts

1 AMERICAN DOUGHNUT VAN

Queen Victoria Market, 0412 224 083

No visit to the Queen Victoria Market is complete without a piping hot jam doughnut (\$1, pictured) from this old school caravan, run by the same two families since 1950. Every doughy ball is a sugar-coated gem. Just watch out for the hot raspberry/plum jam.



2 MAHA

21 Bond St, Melbourne, 9629 5900

Instead of hot jam, chef Shane Delia fills his doughnut balls with a chewy chunk of Turkish delight and covers the lot with rosewater-honey syrup. So sweetly sticky, you won't be able to stop at one. Pay \$8 for a serve of two or three, or have a crack at Shane's recipe (right).

3 CENTRAL VICTORIAN DOUGHNUTS

Lake Weeroona, Napier St, Bendigo, 0417 533 596

Many fitness campaigns come undone at Lake Weeroona as the sweet smell of freshly fried doughnuts wafts across the walking track. Find the sugar-dusted jam doughnuts (\$1.20 each or six for \$7) in the van by the lake on weekends.

4 THE GRAND

333 Burnley St, Richmond, 9429 2530

This warm-hearted local pub has a fantastic menu, but make sure you leave room for the Italian doughnuts (\$14.50), with a citrus mascapone and candied cumquat filling and lemon thyme ice cream on the side.

5 WARRANDYTE BAKERY

193 Yarra St, Warrandyte, 9844 1809

Tucked by the Yarra River, this bakery often has a long queue at weekends. Many are lining up for the pies, but the \$1 doughnuts are also a popular. They come iced or filled with jam. But get in quick, because they are often sold out by 10.30am.

Picture: SAM KARANIKOS



Tasty: East and west combine in these doughnuts (left); Shane Delia (above)

Turkish twist on an old favourite

MAHA head chef Shane Delia has combined the Middle East with a classic western dish in his Turkish delight doughnut.

He shares the recipe here, or watch the video of him making the dish at heraldsun.com.au.

TURKISH DELIGHT DOUGHNUTS

Ingredients

350g water
300g flour
2tsp sugar
1/2tsp salt

15g dry yeast
100g rose-flavoured Turkish delight
Oil for deep frying
For the syrup...
200g honey
1 cinnamon quill
50ml rosewater
1/2 vanilla pod
50g toasted and crushed pine nuts

METHOD

To make rosewater-honey syrup, place all ingredients except rosewater and pine nuts in a pot and bring to the

boil. Remove from heat, add rosewater and allow to chill. To make doughnuts, mix together dry ingredients. Add warm water to the flour mix until it forms a thick batter. Stand in warm place to prove. Dice the Turkish delight into 1cm cubes. Place a piece of Turkish delight in your hand and coat it in the doughnut batter. Form a ball and carefully drop it into hot oil (about 170C). Allow to cook until golden brown.

Drizzle the syrup on the doughnuts and sprinkle with pine nuts. Serve immediately.

heraldsun.com.au Watch Shane Delia make his doughnuts

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