

# Betty's Sugar and Cinnamon Doughnut Holes



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In this video, Betty demonstrates how to make Sugar and Cinnamon Doughnut Holes. This would be a great treat for Mom on Mother's Day, along with a soothing cup of hot chocolate!

## Ingredients:

1  $\frac{3}{4}$  cup all-purpose flour  
1 teaspoon baking powder  
 $\frac{1}{4}$  teaspoon baking soda  
 $\frac{1}{4}$  teaspoon ground cinnamon  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup sugar (In the video I said  $\frac{1}{4}$  cup sugar, but it will be better with  $\frac{1}{2}$  cup sugar.)  
2 tablespoons butter, melted and cooled to room temperature  
1 egg, well-beaten  
 $\frac{1}{3}$  cup buttermilk (I used  $\frac{1}{3}$  cup milk plus 1 teaspoon lemon juice.)  
peanut oil for deep-frying

## coating:

$\frac{1}{2}$  cup sugar  
1 teaspoon ground cinnamon

Mix together  $\frac{1}{2}$  cup sugar and 1 teaspoon cinnamon in a small shallow dish and set aside. In a medium mixing bowl, mix  $1\frac{3}{4}$  cup flour, 1 teaspoon baking powder,  $\frac{1}{4}$  teaspoon baking soda,  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{2}$  cup sugar. Set aside. In a large mixing bowl, mix 2 tablespoons melted butter with 1 well-beaten egg and  $\frac{1}{3}$  cup buttermilk (or substitute). Stir or whisk until smooth. Gently stir in dry ingredients to form a soft dough. Cover with plastic wrap and refrigerate for at least 30 minutes. (You may refrigerate the dough overnight.) When ready to fry doughnut holes, heat 1-inch of peanut oil in a heavy pot to 325 degrees (F). While the oil is heating, form your doughnut holes. This dough should make 48 average-sized doughnut holes. To insure that you get 48 equally-sized balls, divide the dough with a knife into 4 equal parts, and then cut each part into 12 equal pieces. Roll the pieces into round balls. Frying batches of doughnut holes at a time, drop formed doughnut holes into hot oil. Fry about 1 to 2 minutes, or until golden on one side, and then turn and fry the other side about 1 to 2 minutes. Remove from oil and drain on a tray that has paper toweling. When drained, immediately place fried doughnut holes in the shallow dish containing sugar-cinnamon mixture. Turn several times to coat thoroughly. These doughnut holes are best served warm, but you may serve them at room temperature, also. They are a delightful treat on Mother's Day or any time of the year! Enjoy!!! --Betty