

焗冬甩

Baked doughnuts with sweet five-spice dust

份量：12 件

熱量：每件 120 卡路里



半脂奶	180 毫升
牛油	25 克
速發乾酵母粉	1 茶匙
自發粉	250 克
泡打粉	1 茶匙
粒狀甜味劑	2 湯匙
海鹽	1/2 茶匙
肉桂粉	1/2 茶匙
中式五香粉	1/2 茶匙
走地雞蛋	1 隻（大）
葵花籽油	少許

冬甩面上的粉末：

黃砂糖	40 克
中式五香粉	1/2 茶匙

烹飪步驟：

1. 將牛奶倒進小煲。加入牛油，以小火加熱，至牛奶溫暖即可。熄火，待牛油融化，拌勻。加入乾酵母粉。
2. 準備一個大碗，倒入自發粉、泡打粉、甜味劑、海鹽、肉桂粉和中式五香粉。在粉中間挖個洞，倒入牛奶和打好的雞蛋。以木匙攪拌，直至麵糊變得柔滑為止。將麵糊放入唧袋中。
3. 準備 6 格的冬甩焗模，每格噴兩下油，唧入麵糊至半滿，讓它靜止 1 小時發酵。
4. 預熱焗爐至 210 度。冬甩放入焗爐上格焗 9-10 分鐘，直至金黃色。
5. 拌勻黃砂糖和五香粉備用。
6. 取出冬甩。待涼才脫模。
7. 冬甩面掃一點水，舖滿黃砂糖和五香粉食用。

Baked doughnuts with sweet five-spice dust

Serving : 12

Calorie: 120 per doughnut

Semi-skimmed milk	180ml
Butter	25g
Fast-action dried yeast	1 tsp
Self-raising flour	250g
Baking powder	1 tsp
Granulated sweetener	2 tbsp
Sea salt	½ tsp
Ground cinnamon	½ tsp
Chinese five-spice powder	½ tsp
Large free-range egg	1, beaten
Sunflower oil spray	

For the five-spice dust:

Golden caster sugar	40g
Chinese five-spice powder	½ tsp

Procedures:

1. Pour the milk into a small saucepan. Add the butter and place over a low heat until the milk is just warm. Remove from the heat and leave until the butter has melted. Stir to combine, then whisk in the yeast.
2. Mix the flour, baking powder, sweetener, salt, cinnamon and Chinese five-spice together in a large bowl. Make a well in the middle and pour in the warm milk mix and beaten egg. Using a wooden spoon, beat well to make a smooth, thick batter. Transfer to a large piping bag.
3. Spray two 6-hole non-stick metal doughnut trays with about 12 sprays of oil in total. Snip the top off the piping bag and pipe the batter into the moulds to half-fill them. Leave to rise for 1 hour.
4. Preheat the oven to fan 210°C/Gas 6–7. Once the doughnuts have risen, cook them on the top shelf of the oven for 9–10 minutes until browned.
5. Meanwhile, mix together the ingredients for the five-spice powder dust and transfer to a small plate.
6. When the doughnuts are cooked, leave to cool slightly in the tin, then remove. If some of the holes have closed over in the oven, trim them to open up with a sharp knife.
7. Brush each doughnut with a little water and then dip the brushed side into the five-spice dust. Enjoy while they are still warm.