

# Maple Cream Filled Fried Vegan Doughnuts

## Ingredients

### For the Doughnuts

- 1 tsp. instant yeast
- 1 tbsp granulated sugar
- ¼ cup vegan yogurt
- 1/3 cup cashew milk (or other plant-based milk)
- ¼ cup vegan butter, melted
- ½ tsp. salt
- 2 2/3 cup all-purpose flour
- Vegetable oil, for frying

### For the Filling

- 3 cups cashew milk (or other plant-based milk)
- ¼ cup maple syrup
- ¾ cup cornstarch
- 1 tbsp. vanilla extract

### For the Glaze

- ¼ cup vegan butter
- ¼ cup maple syrup
- 1 ½ cups powdered sugar

## Steps

1. Add ¼ cup of warm water to a mixing bowl, and then stir in the sugar and yeast. Let it sit for five minutes to activate, and then add the vegan yogurt, melted vegan butter, cashew milk, and salt. Mix together, and then add the flour, half at a time, so it's all incorporated. Move the dough to a clean and floured countertop, and knead for a few minutes, until you can gently poke it with your thumb and the dough will return to its shape within the next few seconds. Once the dough is well incorporated, return it to the bowl, cover it with a damp dishcloth, and place it in a warm place to proof for 1 ½ hours.

2. While the dough is proving, you can make the cream filling. Place two cups of cashew milk in a pot, along with the maple syrup. Start heating. In a jar or bowl, combine the remaining cup of milk with the cornstarch and vanilla, whisking or shaking until there



are no lumps. Add the cornstarch slurry to the milk on the stove, and whisk well. After a few minutes the mixture will start to thicken. Remove from the stove, and push the thickened cream through a fine metal sieve to remove any lumps. Put the strained cream into a large piping bag with a doughnut filling tip. Set it aside.

3. Once the dough is proved, punch it down. Next, on a clean countertop, roll out your dough until it is about ¼ inch thick. Cut out your doughnuts- I used a wide mouth mason jar lid for mine. Because these are filled doughnuts, we want to cut out large circles, not the classic whole in the middle type. Collect the scraps, and roll them out again. If you're doing mason jar lid sized doughnuts, you should get around a dozen donuts.

4. Add a couple inches of oil into a large pot, and heat the oil to 350°F (175°C). While the oil heats, prepare a baking tray with a cooling rack on top to let the finished doughnuts drain. Place the doughnuts in the hot oil, making sure only to do 2-3 at a time so you don't drop the temperature of the oil too much. After 2-3 minutes, use a slotted spoon to flip each donut over. They should be a nice light golden color. Wait another minute or two, then remove them from the oil and onto your prepared rack. Repeat until all the donuts are made.

5. Let the doughnuts cool before filling them. Once they are room temperature, use your piping tip to perforate a small hole in the side of your donut. Squeeze some of your cream filling into the center. Repeat with each doughnut.

6. Make your glaze. Heat the vegan butter and maple in a small pot until all the butter is melted and it is warm. Use a whisk to combine with the powdered sugar to make your glaze. Dip the filled doughnuts into the glaze, gently shaking off any extra. Return to the cooling rack, and wait about 30 minutes until the glaze is hardened to enjoy.