

- Prep Time: 20 minutes
- Chilling Time: 1 hour
- Fry Time: 15 minutes
- Total Time: 1 hour 35 minutes
- Yield: 10-12 classic donuts plus donut holes
- Difficulty: Medium
- Intensity Level: Moderate (Requires temperature control during deep frying)

Table of Contents



- [Equipment Needed](#)
- [Ingredients](#)
 - [For the Donut Dough](#)
 - [For Frying](#)
 - [For the Vanilla Glaze](#)
- [Step-by-Step Instructions](#)
 - [Step 1: Combine the Dry Ingredients](#)
 - [Step 2: Mix the Wet Base](#)
 - [Step 3: Alternate Flour and Sour Cream](#)
 - [Step 4: Chill the Dough](#)

- [Step 5: Roll and Cut](#)
- [Step 6: Heat the Frying Oil](#)
- [Step 7: Fry to Golden Perfection](#)
- [Step 8: Glaze and Set](#)
- [Chef's Tips for Success](#)
- [Storage & Freshness](#)
- [Nutritional Information](#)

Equipment Needed

- Stand mixer fitted with the paddle attachment (or hand mixer)
- Medium and large mixing bowls
- Rolling pin
- 3-inch donut cutter (or two round biscuit cutters: one 3-inch and one 1-inch)
- Deep-fry/candy thermometer
- Heavy-bottomed Dutch oven or deep skillet
- Slotted spoon or spider strainer
- Wire cooling rack set over a baking sheet

Ingredients

For the Donut Dough

- 2 $\frac{1}{4}$ cups (270g) cake flour (sifted; cake flour ensures a tender crumb)
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda
- 1 teaspoon fine sea salt
- $\frac{1}{2}$ teaspoon freshly grated nutmeg (essential for authentic bakery flavor)
- $\frac{3}{4}$ cup (150g) granulated sugar
- 2 large egg yolks, room temperature
- 3 tablespoons (42g) unsalted butter, softened to room temperature
- $\frac{1}{2}$ cup (120g) full-fat sour cream, room temperature
- 1 teaspoon pure vanilla extract

For Frying

- 4 to 6 cups vegetable oil, canola oil, or peanut oil (enough to maintain a 2-inch depth for frying)

For the Vanilla Glaze

- 3 cups (360g) powdered sugar, sifted
- ½ cup (120ml) milk (whole milk preferred)
- 1 teaspoon pure vanilla extract
- Pinch of fine salt

Step-by-Step Instructions

Step 1: Combine the Dry Ingredients

In a medium bowl, whisk together the sifted cake flour, baking powder, baking soda, salt, and freshly grated nutmeg. Sifting the flour before measuring or whisking helps keep the dough light and prevents dense donuts. Set this mixture aside.

Step 2: Mix the Wet Base

In the bowl of a stand mixer fitted with the paddle attachment (or using a large bowl with an electric hand mixer), combine the granulated sugar and softened unsalted butter. Beat on

medium speed for about 2 minutes until the mixture is light and sandy. Add the two egg yolks one at a time, mixing well after each addition until fully incorporated and pale in color.

Step 3: Alternate Flour and Sour Cream

Reduce the mixer speed to low. Add one-third of the dry ingredient mixture, followed by half of the sour cream and the vanilla extract. Mix just until combined. Add another third of the dry ingredients, followed by the remaining sour cream. Finish by adding the last portion of dry ingredients. Mix until a soft, sticky dough forms. Be careful not to overmix, as overworking the dough yields tough donuts.

Step 4: Chill the Dough

Scrape the dough onto a large piece of plastic wrap. Press it into an even disk about 1 inch thick and wrap it tightly. Place the dough in the refrigerator to chill for at least 1 hour (or up to overnight). Crucial Tip: Chilling is non-negotiable; it rests the gluten, firms up the butter and fats, and allows you to roll and cut the dough without adding excessive flour.

Step 5: Roll and Cut

Lightly flour your work surface and rolling pin. Unwrap the chilled dough and place it on the floured surface. Dust the top of the dough lightly with flour. Roll the dough out to an even ½-inch thickness.

Using a 3-inch donut cutter dipped in flour, cut out your donuts. Transfer the cut donuts and donut holes to a parchment-lined baking sheet. Gather the dough scraps, gently press them together (avoid knead-heavy re-rolling), roll back out to ½-inch thickness, and cut out additional donuts. Place the cut donuts back in the fridge for 10–15 minutes while heating the oil.

Step 6: Heat the Frying Oil

Fill a heavy-bottomed Dutch oven or deep skillet with oil until it reaches a depth of at least 2

inches. Attach a deep-fry thermometer to the side of the pot. Heat the oil over medium heat until it reaches 325°F (163°C). Maintain this temperature throughout the frying process; if the oil is too hot, the exterior burns before the inside cooks through, and if it is too cool, the donuts absorb excess oil and become greasy.

Step 7: Fry to Golden Perfection

Carefully lower 3 to 4 donuts into the hot oil at a time, taking care not to overcrowd the pot.

- **First Side:** Fry for 2 to 2 ½ minutes. You will see the donuts sink slightly, rise to the top, and crack open along the upper surface—this creates the signature old-fashioned look.
- **Second Side:** Using a slotted spoon or chopsticks, flip the donuts over and fry for another 2 minutes until deep golden brown.
- **Donut Holes:** Fry donut holes for roughly 1 ½ to 2 minutes total, turning frequently until golden all over.

Carefully lift the fried donuts from the oil using a spider strainer and transfer them to a wire rack set over a baking sheet to drain excess oil. Allow them to cool for about 5 minutes before glazing.

Step 8: Glaze and Set

While the donuts cool slightly, prepare the glaze. In a wide, shallow bowl, whisk together the powdered sugar, milk, vanilla extract, and a pinch of salt until smooth and runny.

While the donuts are still warm to the touch (around 5 minutes post-fry), dip each donut into the glaze, submerging it halfway or completely depending on your preference. Return the glazed donuts to the wire rack. Let them sit for 10–15 minutes until the glaze sets into a

delicate, crackly shell.

Chef's Tips for Success

1. **Temperature Control is Everything:** Keep a close eye on your fry thermometer. If the oil temperature drops after adding cold dough, adjust the stove heat slightly to bring it back to 325°F (163°C).
2. **Fresh Nutmeg:** Freshly grated nutmeg gives old-fashioned donuts their distinctive bakery aroma and flavor profile. Pre-ground nutmeg lacks the essential oils that deliver this classic taste.
3. **Don't Skip Cake Flour:** Cake flour has a lower protein content than all-purpose flour, which produces a softer, lighter crumb. If you must substitute, remove 2 tablespoons of all-purpose flour per cup and replace it with 2 tablespoons of cornstarch, sifting multiple times.

Storage & Freshness

- **Room Temperature:** Store glazed donuts in an airtight container at room temperature for up to 2 days.
- **Freezing:** Unglazed, fried donuts can be frozen for up to 1 month. Thaw at room temperature and refresh in a 350°F (175°C) oven for 3-5 minutes before dipping in fresh glaze.

Nutritional Information

(Estimated values per serving based on a yield of 12 donuts including glaze)

Metric	Value
Calories	380 kcal
Total Fat	18 g
Saturated Fat	5 g
Trans Fat	0 g
Cholesterol	55 mg
Sodium	220 mg
Total Carbohydrates	52 g
Dietary Fiber	1 g
Total Sugars	31 g
Protein	4 g