

MANCIA!



**DOUGHNUT
TIME**



SPECIAL ISSUE

DONUTS!
GETCHA
DONUTS!



A LOVE LETTER

My grandfather used to wake up with the sun to get in line for jelly doughnuts. It was part of the ritual every time we went down the shore (in Jersey, for the uninitiated)—his early pilgrimage to this hole-in-the-wall spot that sold out by 10 am because they were *that good*. My brother and I would stumble out of bed, bleary-eyed, to find a pile of jelly doughnuts on the kitchen table and a mischievous gleam in our Poppy's eye. He had an unrepentant sweet tooth, of course, so our presence provided good cover for his dessert purchases—"It's for the kids," he'd smile, fooling no one.

But the doughnuts themselves, my god. Fluffy but with the right amount of heft to hold an absurd amount of berry jelly (I could never figure out exactly what kind, the recipe is well-guarded). What jelly doughnut could ever compare? If I ever find one, I'll let you know.

So for this special issue of *Mangia!* I bring you one of my favorite desserts for breakfast, noon, and night. Let's eat.



A DONUT

When we started this issue, we thought we'd run out of content by page four. Now, I'm seriously considering whether we should write a whole book. The sheer variety of doughnuts out there—each with their own special twist, regional innovation, and dizzying flavor options—is astounding.

After some hard cuts (don't worry, they'll make a guest appearance in future issues) we narrowed things down to focus on the basics: How do you classify a doughnut? What's the doughnut's place in pop culture? How do doughnuts differ around the world? And (most importantly) how do you make a good one at home?

Let's start with what a doughnut is. At its heart, it's like most good things in life—deep-fried and sweet. Whether it's yeast or cake, a cruller or a cronut, the beauty of a good doughnut is an airy batter and a golden-brown toast from the fryer. Here's a deeper look at the two main types you may know best, the classic iced doughnut with a hole and a filled doughnut without.

FOR EVERYONE

What's more perfect than a filled doughnut? I'm biased, of course, but I'm a kid at heart and love a good surprise. You can fill a doughnut with anything—jelly, chocolate, cream, even (as you'll see later) thai iced tea. More often than not, these will be yeast-based.



The classic doughnut shape and style—a fried circle of dough topped with dripping icing and sprinkles. Here's where the strident debate begins: cake or yeast? I hate to say it, but both are right. A yeast doughnut is the perfect, pillowy vehicle for filling, while a cake doughnut is dense enough to carry a ton of toppings.

AROUND THE WORLD



Bomboloni

Coming from the word *bomba* (or “bomb”), bomboloni are iconic Italian doughnuts stuffed with custard, chocolate, or marmalade. Of course, nothing beats nutella.



Malasadas

Originating in Portugal, the light and fluffy malasada made its way to Hawai’i. They’re eaten year-round, but especially on Fat Tuesday, the day before Lent begins.



Mochi doughnuts

The first mochi doughnut is attributed to Hawai’ian Charmaine Ocasek in 1992. The circle shape comes from Brazil and Japan, made iconic in 2016 by Liliha Bakery.

DONUT CULTURE

HOMER SIMPSON

The classic doughnut lover, Homer Simpson. One of the longest-running gags on TV, Homer’s obsession with doughnuts makes it alright for us to eat just one more.

WWI “DOUGHNUT GIRLS”

The Salvation Army deployed women as volunteers on the front line during WWI, frying up hot doughnuts for soldiers at the front.

THE BIG DONUT

The iconic “Randy’s Donuts” shop in LA started a trend that seems like it’s been around forever—the big doughnut sign on top of a shop. Its influence is worldwide, as seen in this shop from Busan, South Korea.

DILLA’S DONUTS

One of the most famous albums from the beats master J Dilla. He made his magnum opus while in the hospital, using over 75 samples to build these legendary tracks.

RECIPES



MINI FROSTED DOUGHNUTS

- 2 ¼ tsp (7g) active dry yeast
- 250g whole milk, lukewarm
- 50g sugar
- 565g all-purpose flour
- 1 tsp (5g) salt
- 2 large eggs (about 100g), at room temperature
- 1 tsp vanilla bean paste
- 100g unsalted butter, at room temperature
- Neutral oil for frying

Combine the yeast, milk and 2 tbsp of sugar. Mix well and leave to sit for 10–15 min.

Combine flour, salt, and 2 Tbsp sugar in a stand mixer. Mix briefly. Add eggs, vanilla, and yeast mix. Mix on low for 2–3 min, then increase to medium for 10 min.

Reduce speed to low and add butter slowly, until each piece is incorporated before adding more, 3–4 min. Then increase speed to medium for 5 minutes.

Put in oiled bowl and cover with plastic wrap. Let rise overnight in fridge.

Roll out dough till ½" thick, then cut out circles with 1 ¾" round cutter. Use a small round cutter or a metal straw to cut out the middle. Cover and rise for an hour till puffy.

Heat oil to 350°F and fry dough, flipping every 30 seconds till golden (3–4 min). Let cool before icing.



MILK CREAM DOUGHNUTS

Dough

- 240g all-purpose flour
- 25g sugar
- 1 egg
- 90ml milk
- 35g melted unsalted butter
- 6g instant yeast

Milk cream

- 450ml whipping cream + 50g sugar
- Thai tea (optional flavor)
- Vanilla (optional flavor)

Combine milk, egg, and butter. Mix flour, sugar, and yeast, then add wet mix slowly. Put in oiled bowl and cover with plastic wrap. Let rise at least two hours at room temperature until doubled in size.

Roll out dough until it's ¼" in height. Cut out circles of desired size. Heat oil to 350°F and fry until lightly golden on each side.

For the milk cream, beat whipping cream and sugar until stiff peaks form. Mix in desired flavors (such as vanilla or thai tea) once stiff.

Cut doughnuts in half (still connected) and fill.



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