

## Honey-Glazed Gluten-Free Old-Fashioneds

This recipe is a spin on the one for gluten-free old-fashioned doughnuts found in *Top Pot Hand-Forged Doughnuts: Secrets and Recipes for the Home Baker*, only this doughnut is even more inclusive; it's made without eggs. To get the doughnuts to split like regular old-fashioned, make sure you wait until you can see cracks in the surface of the dough when you're frying them on the first side before flipping them over. Let them cool for about 5 minutes before glazing the first time.

Time: 1 hour active time

Makes: 1 dozen if rerolled, plus a few holes

Equipment: Doughnut cutter (or 2 3/4-inch and 1 1/4-inch round cutters)

2 cups/255 g gluten-free all-purpose baking flour (such as Bob's Red Mill), plus more for rolling and cutting

1 1/2 tsp baking powder

1 tsp xanthan gum

1 tsp iodized salt

3/4 tsp ground nutmeg

1/2 cup sugar

2 tbsp shortening

2 tablespoons flaxseed meal

2 tablespoons water

1 cup sour cream

Canola oil, for frying

Honey glaze (recipe follows)

Sift the gluten-free flour, baking powder, xanthan gum, salt, and nutmeg together into a medium bowl, and set aside.

In a stand mixer fitted with the paddle attachment, mix the sugar and shortening for 1 minute on low speed, until sandy. Whisk the flaxseed meal and water together in a small bowl and let it sit for about a minute. Add it to the sugar mixture, then mix for 1 more minute on medium speed, scraping the sides of the bowl with a rubber spatula if necessary, until well blended.

Add the dry ingredients to the wet ingredients in three separate additions, alternating with the sour cream, mixing until just combined on low speed each time. The dough will be sticky, like cookie dough.

Transfer the dough to a clean bowl and refrigerate, covered with plastic wrap, for 45 minutes (or up to 24 hours).

Using a candy thermometer to measure the temperature, heat oil (at least 2 inches deep) in a deep fryer, large pot, or high-sided frying pan to 350°F. (Really. Measure the

temperature.) Roll the chilled dough out on a counter or cutting board generously floured with gluten-free flour to 1/2 inch thick, or about 8 inches in diameter, flouring the top of the dough and the rolling pin as necessary to prevent sticking. Cut into as many doughnuts and holes as possible, dipping the cutter into flour before each cut. Fold and gently reroll the dough and extra holes (working with floured hands makes the dough less sticky), and cut again.

Shake any excess flour off the doughnuts before carefully adding them to the hot oil a few at a time, taking care not to crowd them. Once the doughnuts float, fry for 60 to 75 seconds per side, or until deep golden brown on both sides. Drain on paper towels/absorbent paper.

### Honey-Vanilla Doughnut Glaze

Makes enough for 1 dozen cake doughnuts

4 1/2 cups (1 pound) confectioners' sugar  
1 tablespoon high-quality honey  
1/4 teaspoon iodized salt  
2 teaspoons vanilla extract  
1/3 cup hot water, plus more if needed

Place the confectioners' sugar, honey, salt, vanilla, and hot water in a large mixing bowl or in the work bowl of a stand mixer fitted with the paddle attachment. Using a whisk, or with the machine on low speed, blend until the mixture is smooth and all of the sugar has been incorporated, scraping the sides of the bowl with a rubber spatula if necessary. If the glaze seems too thick, add more hot water, a teaspoon at a time.

To glaze, dip one side of each doughnut into the icing when the doughnut is still a bit warm, and let dry for about 10 minutes. Dip it in again, for a second coat, then let dry before serving.