



Doughnuts, Fritters, Pancakes, and Waffles

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AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO:

1. Prepare doughnuts
2. Prepare other deep-fried desserts and pastries.
3. Prepare pancakes and waffles.
4. Prepare crêpes and crêpe desserts.



UNLIKE THE PRODUCTS we have discussed so far, those included in this chapter are cooked not by baking in ovens but by deep-frying, by cooking in greased fry pans or on griddles, or, in the case of waffles, by cooking in specially designed griddles that heat the product from both sides at once.

Several types of doughs or batters are used for these products. To produce the two most popular types of doughnuts, you must understand the principles of yeast dough production (Chapters 6 through 9) and the creaming method used for mixing some quick breads (Chapter 10). French doughnuts are a fried version of the same pastry used to make cream puffs and éclairs (Chapter 14). American pancakes are made from chemically leavened batters mixed by the muffin method, while French pancakes, or crêpes, are made from thin, unleavened batters made of milk, eggs, and flour.

DOUGHNUTS

Yeast-Raised Doughnuts

The mixing method used to prepare yeast-raised doughnuts is the *modified straight dough method* (p. 108). Review this procedure before beginning doughnut production. In addition, the following points will help you understand and produce high-quality doughnuts. Makeup and finishing procedures follow the formula.

1. The dough used for yeast doughnuts is similar to regular sweet dough or bun dough, except it is often not as rich—that is, doughnuts are made with less fat, sugar, and eggs (compare the formulas on pp. 187 and 236). Doughs that are too rich will brown too fast and absorb too much frying fat. The finished products will be greasy and either too dark on the outside or insufficiently cooked inside. Also, a leaner dough has stronger gluten, which can better withstand the handling involved in proofing and frying.
2. After fermentation, bring the dough to the bench in sufficient time to allow for makeup. Remember that fermentation continues during makeup. If the dough gets too old (proofed too long), the doughnuts will require longer frying to become browned and thus will be greasier. When you are preparing a large quantity of doughnuts, it may be necessary to place some of the dough in the retarder so it doesn't become old.
3. Watch the dough temperature carefully, especially in warm weather. If the dough is much above 80°F (24°C), it will become old more quickly.
4. Proof the doughnuts at a lower temperature and humidity than you do breads. Some bakers proof them at room temperature, if there is a part of the bakeshop that isn't too hot (about 70°F/21°C). Doughnuts proofed this way are less likely to be deformed or dented when handled or brought to the fryer.
5. Handle fully proofed units carefully, as they are soft and easily dented. Many bakers give doughnuts only three-quarters proof. This makes a denser doughnut, but one that is easier to handle.
6. Heat the frying fat to the proper temperature. Fat temperature for raised doughnuts varies from 360° to 385°F (182° to 195°C), depending on the formula. Richer formulas require a lower temperature to avoid excessive browning. The formula in this book requires a frying temperature of 360° (182°C).
7. Arrange the proofed units on screens on which they can be lowered into fat. (For small quantities, you can place them by hand in the fryer, but take care not to burn yourself.) Frying time is about 2½ minutes. The doughnuts must be turned over when they are half done in order to brown evenly on both sides.
8. Lift from the frying fat with the screen, or, if you are frying in smaller quantities, with the frying basket or a spider, holding the doughnuts over the frying fat for a moment to let the fat drain from the doughnuts back into the kettle. Set the doughnuts on brown paper to absorb excess fat.

Cake-Type Doughnuts

Operations that produce cake doughnuts in volume use equipment that drops batter directly into the hot fat. This equipment is usually automatic, although small hand-operated depositors are also available. Automatic depositors use a relatively slack dough that is generally made from prepared mixes. To use these mixes and depositors, follow two important guidelines:

- Follow manufacturers' directions closely when preparing the mix.
- Keep the depositor head 1½ inch (4 cm) above the fat. If the doughnut must drop much farther than this into the fat, poor shape may result.

Operations that make cake doughnuts by hand use a stiffer mix that is rolled out and cut with cutters. Three formulas for this type of mix are included in this chapter. Follow these guidelines when preparing cake doughnuts:

1. Scale ingredients carefully. Even small errors can result in products with unsatisfactory texture or appearance.

2. Mix the dough until smooth, but do not overmix. Undermixed doughs result in a rough appearance and excessive fat absorption. Overmixed doughs result in tough, dense doughnuts.
3. Dough temperature should be about 70° to 75°F (21° to 24°C) when the units are fried. Be especially careful of dough temperature during hot weather.
4. Let the cutout units rest about 15 minutes before frying in order to relax the gluten. Failure to relax the dough results in toughness and poor expansion.
5. Fry at the proper temperature. Normal fat temperature for cake doughnuts is 375° to 385°F (190° to 195°C). Frying time is about 1½ to 2 minutes. Doughnuts must be turned over when half done.

Preparation and Care of Frying Fat

Properly fried doughnuts absorb about 2 ounces (60 g) of fat per dozen. Therefore, frying fat should be of good quality and properly maintained; otherwise, the quality of the doughnuts will suffer. Observe the following guidelines for care of frying fat:

1. Use good-quality, flavorless fat. The best fat for frying has a high smoke point (the temperature at which the fat begins to smoke and to break down rapidly).
Solid shortenings are popular for frying because they are stable and because they congeal when the doughnuts cool, making them appear less greasy. However, such doughnuts can have an unpleasant eating quality because the fat does not melt in the mouth.
2. Fry at the proper temperature. Using too low a temperature extends frying time, causing excessive greasiness.
If you do not have automatic equipment with thermostatic temperature controls, keep a fat thermometer clipped to the side of the frying kettle.
3. Maintain the fat at the proper level in the fryer. When additional fat must be added, allow time for it to heat.
4. Do not fry too many doughnuts at a time. Overloading will lower the fat temperature, will not allow room for expansion of the doughnuts, and will make it difficult to turn them over.
5. Keep the fat clean. Skim out food particles as necessary. After each day's use, cool the fat until it is warm, strain it, and clean the equipment.
6. Discard spent fat. Old fat loses frying ability, browns excessively, and imparts a bad flavor.
7. Keep the fat covered when not in use. Try to aerate it as little as possible when filtering.



KEY POINTS TO REVIEW

- What mixing method is used for yeast-raised doughnuts?
- How are yeast doughnuts handled differently from other yeast products, such as breads and rolls?
- What are the frying procedures for yeast doughnuts and cake doughnuts?
- What are the guidelines for handling frying fat?

FORMULAS

YEAST-RAISED DOUGHNUTS

Ingredients	U.S.	Metric	%	PROCEDURE
Shortening	3 oz	75 g	10	MIXING Modified straight dough method (p. 108) Develop the dough completely, about 6–8 minutes at second speed. FERMENTATION About 1½ hours at 80°F (24°C) SCALING 1.5 oz (45 g) per unit See below for makeup. Proof. FRYING 360°F (182°C) When the doughnuts are fried, lift them from the fat and let excess fat drip off. Place the doughnuts in one layer on absorbent paper. Cool.
Sugar	4 oz	105 g	14	
Salt	0.5 oz	13 g	1.75	
Mace	0.09 oz (½ tsp)	2 g	0.3	
Nonfat milk solids	1.5 oz	38 g	5	
Eggs	4 oz	105 g	14	
Bread flour	1 lb 13 oz	750 g	100	
Yeast, instant osmotolerant	0.5 oz	13 g	1.7	
Water	1 lb	410 g	55	
Total weight:	3 lb 10 oz	1511 g	201 %	

VARIATIONS

*Makeup of Yeast-Raised Doughnuts***RING DOUGHNUTS**

1. Roll out the dough to ½ in. (12 mm) thick. Make sure the dough is of even thickness. Let the dough relax.
2. Cut out doughnuts with a doughnut cutter. Cut as close together as possible to minimize scrap.
3. Combine the scrap dough and let it relax. Roll it out and let it relax again. Continue cutting doughnuts.

JELLY-FILLED DOUGHNUTS (BISMARCKS)**METHOD 1**

1. Scale the dough into 3½ lb (1600 g) presses. Let them relax for 10 minutes.
2. Divide the dough. Round the small units.
3. Let them relax a few minutes, then flatten lightly.

METHOD 2

1. Roll out the dough to ½ in. (12 mm) thick, as for ring doughnuts.
2. Cut out with round cutters (biscuit cutters, or doughnut cutters with the “hole” removed).
3. After frying and cooling, use a doughnut or jelly pump to fill the doughnuts. (If a doughnut pump is not available, you can use a special pastry tip for filling small quantities of doughnuts (see illustration). Using a sharp, straight nozzle, pierce the side of the doughnut and inject the



jelly into the center. Note: Other fillings besides jelly may be used, such as lemon, custard (see Pastry Cream, p. 267), and cream. If using a filling containing egg, milk, or cream, keep the doughnuts refrigerated.

LONG JOHNS

1. Roll out the dough to ½ in. (12 mm) thick, as for ring doughnuts.
2. With a pastry wheel, cut into strips 1½ in. (4 cm) wide and 3½ in. (9 cm) long.

FRIED CINNAMON ROLLS

1. Make up like baked Cinnamon Rolls (p. 206), except omit the butter in the filling.
2. Make sure the edges are well sealed so the rolls don't unwind during frying.

TWISTS

1. Scale into presses, divide the dough, and round the units, as for filled doughnuts.
2. Roll each unit on the bench with the palms of the hands to a strip about 8 in. (20 cm) long.
3. Place one hand over each end of the strip. Roll one end toward you and the other away from you to twist the strip.
4. Holding it by the ends, lift the strip off the bench and bring the two ends together. The strip will twist around itself.
5. Seal the ends together.

CAKE DOUGHNUTS

Ingredients	U.S.	Metric	%	PROCEDURE
Shortening	3 oz	90 g	9	<p>MIXING</p> <p>Creaming method (p. 219)</p> <p>Mix the dough until it is smooth, but do not overmix.</p> <p>MAKEUP</p> <ol style="list-style-type: none"> 1. Place the dough on the bench and with the hands form into a smooth rectangular shape; rest 15 minutes. 2. Roll out to about $\frac{3}{8}$ in. (1 cm) thick. Make sure the dough is of even thickness and does not stick to the bench. 3. Cut out doughnuts with cutters. 4. Collect the scrap dough and let it relax. Roll it out again and continue cutting doughnuts. 5. Place the doughnuts on lightly floured pans and let them relax 15 minutes. <p>FRYING</p> <p>375°F (190°C)</p> <p>Lift the doughnuts from fat, let the excess fat drip off, and place them in one layer on absorbent paper. Cool.</p>
Sugar	7 oz	220 g	22	
Salt	0.25 oz	8 g	0.8	
Nonfat milk solids	1.5 oz	45 g	4.7	
Mace	0.12 oz (1 $\frac{3}{4}$ tsp)	4 g	0.4	
Vanilla extract	0.5 oz	15 g	1.5	
Whole eggs	3 oz	90 g	9	
Egg yolks	1.5 oz	30 g	3	
Cake flour	1 lb 4 oz	750 g	62.5	
Bread flour	12 oz	250 g	37.5	
Baking powder	1.25 oz	40 g	4	
Water	1 lb	500 g	50	
Total weight:	4 lb 4 oz	2042 g	204 %	

CHOCOLATE CAKE DOUGHNUTS

For large-quantity measurements, see page 725.

Ingredients	U.S.	Metric	%	PROCEDURE
Shortening	1.5 oz	45 g	9	<p>MIXING</p> <p>Creaming method (p. 219)</p> <p>Mix the dough until it is smooth, but do not overmix.</p> <p>MAKEUP AND FRYING</p> <p>Same as for Cake Doughnuts, above.</p> <p><i>Caution:</i> When frying chocolate doughnuts, watch carefully because it is harder to tell doneness by their color.</p>
Sugar	4 oz	125 g	25	
Salt	0.13 oz ($\frac{1}{2}$ tsp)	4 g	0.8	
Nonfat milk solids	0.75 oz	24 g	4.7	
Vanilla extract	0.25 oz	8 g	1.5	
Whole eggs	1.5 oz	45 g	9	
Egg yolks	0.5 oz	15 g	3	
Cake flour	10 oz	315 g	62.5	
Bread flour	6 oz	185 g	37.5	
Cocoa powder	1.25 oz	40 g	7.8	
Baking powder	0.25 oz	15 g	3	
Baking soda	0.1 oz ($\frac{1}{2}$ tsp)	3 g	0.63	
Water	8.5 oz	265 g	53	
Total weight:	2 lb 2 oz	1089 g	217 %	

RICH VANILLA SPICE DOUGHNUTS

For large-quantity measurements, see page 725.

Ingredients	U.S.	Metric	%	PROCEDURE
Bread flour	12 oz	375 g	50	MIXING Muffin method (p. 217), modified as follows: 1. Sift together the flour, baking powder, spices, and salt. 2. Whip together the eggs, egg yolks, and sugar until light. Mix in the milk, vanilla, and melted butter.
Cake flour	12 oz	375 g	50	
Baking powder	0.75 oz	22 g	3	
Nutmeg	0.2 oz (1 tbsp)	6 g	0.8	
Cinnamon	0.06 oz (1 tsp)	2 g	0.25	3. Fold the liquid ingredients into the dry ingredients to make a soft dough. 4. Refrigerate at least 1 hour before rolling and cutting.
Salt	0.3 oz (1¼ tsp)	9 g	1.25	
Whole eggs	5 oz	155 g	21	MAKEUP Same as for Cake Doughnuts (p. 237).
Egg yolks	1 oz	30 g	4	
Sugar	10 oz	315 g	42	FRYING 375°F (190°C)
Milk	9.5 oz	300 g	40	
Vanilla extract	0.75 oz	22 g	3	
Butter, melted	3 oz	95 g	12.5	
Total weight:	3 lb 6 oz	1712 g	227%	

Finishing Doughnuts

Doughnuts should be well drained and cooled before finishing with sugar or other coatings. If they are hot, steam from the doughnuts will soak the coating. The following are some popular coatings and finishes for doughnuts:

- Roll in Cinnamon Sugar (p. 197).
- Roll in 4X sugar. (To keep the sugar from lumping and absorbing moisture, it may be sifted with cornstarch. Use 2 to 3 ounces starch per pound of sugar, or about 150 g per kg.)
- Ice the tops of the doughnuts with a fondant or fudge icing (see Chapter 17).
- To *glaze*, dip in warm Doughnut Glaze (recipe follows) or in a warmed, thinned simple icing or fondant. Place on screens until glaze sets.
- After glazing, and while glaze is still moist, doughnuts may be rolled in coconut or chopped nuts.

FRENCH DOUGHNUTS

French doughnuts are made from Éclair Paste (p. 334) that is piped into ring shapes and deep-fried. They are included in the next section on fritters.

DOUGHNUT GLAZE

Ingredients	U.S.	Metric	Sugar at 100% %	PROCEDURE
Gelatin	0.12 oz	3 g	0.3	1. Soften the gelatin in the water. 2. Heat the water until the gelatin dissolves. 3. Add the remaining ingredients and mix until smooth. 4. Dip doughnuts into the warm glaze. Rewarm the glaze as necessary.
Water	8 oz	200 g	20	
Corn syrup	2 oz	50 g	5	
Vanilla extract	0.25 oz (1½ tsp)	6 g	0.6	
Confectioners' sugar	2 lb 8 oz	1000 g	100	VARIATION HONEY GLAZE Substitute honey for the corn syrup.
Total weight:	3 lb 2 oz	1259 g	125 %	

FRITTERS

THE TERM *fritter* is used for a great variety of fried items, both sweet and savory, including many made with vegetables, meats, or fish. Fried items of all types are often referred to by the French term for fritter, *beignet* (pronounced ben YAY). In the pastry shop, we are concerned with two basic types of fritters:

1. Simple fritters, like doughnuts, are portions of dough that are deep-fried. They are usually dusted with sugar and often served with a sauce or a fruit preserve. This chapter includes recipes for four kinds of simple fritters, including the classic *beignet soufflé*, which is fried éclair paste.
2. Fruit fritters are made by dipping pieces of fresh, cooked, or canned fruit in batter and then deep-frying them, or by mixing chopped fruit into a batter and dropping scoopfuls into frying fat. A basic procedure for making fruit fritters follows. Two recipes for fritter batters also are included.

Also included in this chapter are *cannoli* shells. This type of fried pastry is not generally classified as a fritter. Nevertheless, cannoli shells are made in nearly the same way as two fritters in this chapter, fattigman and beignets de carnaval—that is, they are made from a stiff dough that is rolled thin, cut out, and fried. Cannoli, however, are fried in a cylinder shape so they can take various fillings.

PROCEDURE: Preparing Fruit Fritters

1. Prepare batter (see formulas that follow).
2. Prepare the desired fruit. Popular fruits for fritters are:
 - Apples* Peel, core, and slice into rings $\frac{1}{4}$ in. (6 mm) thick.
 - Bananas* Peel, cut in half lengthwise, and then cut crosswise to make four quarters.
 - Pineapple* Use fresh or canned rings.
 - Apricots and plums* Split in half and remove the stones.

For extra flavor, sprinkle fruits heavily with sugar and rum or kirsch and allow to marinate 1 to 2 hours.
3. Drain the fruit pieces well and dip them in batter to coat completely. Dip only as much as can be fried in one batch.
4. Drop into hot fat (375°F/190°C). Fry until golden brown on all sides.
5. Remove from fat and drain well.
6. Serve warm, sprinkled with cinnamon sugar. Crème Anglaise (p. 265) or Fruit Sauce (p. 274) may be served on the side.

FRITTER BATTER I

For large-quantity measurements, see page 725.

Ingredients	U.S.	Metric	%	PROCEDURE
Pastry flour	9 oz	250 g	100	
Sugar	0.5 oz	15 g	6	
Salt	0.12 oz ($\frac{1}{2}$ tsp)	4 g	1.5	
Baking powder	0.12 oz ($\frac{3}{4}$ tsp)	4 g	1.5	
Eggs, beaten	4.5 oz	125 g	50	
Milk	8 oz	225 g	90	
Oil	0.5 oz	15 g	6	
Vanilla extract	0.08 oz ($\frac{1}{2}$ tsp)	2 g	1	
Total weight:	1 lb 7 oz	640 g	256 %	

FRITTER BATTER II

For large-quantity measurements, see page 725.

Ingredients	U.S.	Metric	%	PROCEDURE
Bread flour	6 oz	190 g	75	
Cake flour	2 oz	60 g	25	
Salt	0.12 oz (½ tsp)	4 g	1.5	
Sugar	0.25 oz	8 g	3	
Milk	9 oz	312 g	113	
Egg yolks, beaten	1 oz	30 g	12.5	
Oil	1 oz	30 g	12.5	
Egg whites	2 oz	60 g	25	
Total weight:	1 lb 5 oz	694 g	267 %	

FRENCH DOUGHNUTS (BEIGNETS SOUFLÉS)

For large-quantity measurements, see page 726.

Ingredients	U.S.	Metric	%	PROCEDURE
Milk	10 oz	250 g	167	
Butter	4 oz	100 g	67	
Salt	0.18 oz (¾ tsp)	5 g	3	
Sugar	0.18 oz (1 tsp)	5 g	3	
Bread flour	6 oz	150 g	100	
Eggs	8 oz	200 g	133	
Total weight:	1 lb 12 oz	710 g	473%	

- Turn the mixture into a stainless steel bowl and cool slightly.
- Add the eggs in 3 stages, beating well between additions.
- Place the dough in a piping bag fitted with a large star tip.

FRYING

The doughnuts may be finished in either of two ways:

Method 1: Pipe the mixture directly into a deep fryer heated to 340°F (170°C), cutting off the dough in 3-in. (7–8-cm) pieces using a knife dipped in the hot fat. Fry until puffed and golden. Drain on kitchen paper.

Method 2: Pipe 2-in. (5-cm) circles onto parchment paper. (To make uniform shapes, mark 2-in./5-cm circles on the paper by tracing around a 2-in./5-cm cutter with a pencil. Turn the paper over and use the outlines as a guide.) Freeze. Fry the frozen units as in method 1.

See page 626 for a presentation suggestion.

BEIGNETS DE CARNIVAL

For large-quantity measurements, see page 726.

Ingredients	U.S.	Metric	%	PROCEDURE
Bread flour	7 oz	200 g	100	
Sugar	0.5 oz	15 g	8	
Salt	0.18 oz (¾ tsp)	5 g	2.5	
Egg yolks	2 oz	60 g	30	
Light cream	2 oz	60 g	30	
Kirsch	0.5 oz	15 g	8	
Rose water	0.33 oz (2 tsp)	10 g	5	
Total weight:	12 oz	365 g	183 %	

FRYING

- Bring the dough back to room temperature.
- Cut the rested dough into pieces ⅓ oz (10 g) each. While you are working, keep dough covered with a damp cloth or plastic film to prevent a crust forming.
- Taking one piece of dough at a time, roll out very thinly until the dough starts to shrink back. Place under a damp cloth or plastic film and continue rolling the rest of the dough, one piece at a time.
- Starting again with the first piece, begin rolling the dough a second time, until it is nearly transparent. This process gives the dough time to rest and assists very thin rolling.
- Once you have rolled the dough for the second time, trim the circles to uniform size using a 4½-in. (11-cm) round cutter. Place the cut pieces on a sheet pan lined with parchment paper. Cover with plastic film.
- Preheat the fryer to 355°F (180°C). Drop the beignets into the hot fat one at a time. Turn once when golden brown. You can fry the beignets flat, or shape them by holding them under the fat with a long-handled spoon, pressing firmly into the middle of each beignet; this causes them to cup slightly as they fry.
- When golden, remove and drain on kitchen paper.
- Serve with choice of poached fruit or fruit compote.




FATTIGMAN

Ingredients	U.S.	Metric	%	PROCEDURE
Whole eggs	3.33 oz (2 eggs)	100 g (2 eggs)	24	
Egg yolks	1.33 oz (2 yolks)	40 g (2 yolks)	10	
Salt	0.13 oz ($\frac{2}{3}$ tsp)	4 g	1	
Sugar	2.5 oz	70 g	18	
Cardamom, ground	0.07 oz (1 tsp)	2 g	0.5	
Heavy cream	3 oz	85 g	21	
Brandy	1.5 oz	45 g	11	
Bread flour	14 oz	400 g	100	
Confectioners' sugar	as needed	as needed		
Total dough weight:	1 lb 9 oz	746 g	185 %	

VIENNOISE

Yield: 10 pastries, 2 oz (60 g) each

For large-quantity measurements, see page 726.

Ingredients	U.S.	Metric	PROCEDURE		
Brioche dough (p. 192)	1 lb 4 oz	600 g		<ol style="list-style-type: none"> Scale the brioche dough into 2-oz (60-g) pieces. On a lightly floured work surface, roll each piece into a 4-in. (10-cm) circle. Brush the tops with egg wash. Place $\frac{1}{3}$ oz (10 g) jelly in the center of each circle. Enclose the jelly by gathering the edges of the circle together over the jelly to form a "purse." Place upside down (seam on bottom) on a sheet pan lined with parchment. Proof in a warm place until double in size, about 40 minutes. Deep-fry at 340°F (170°C) until golden brown, turning once. Frying time is about 8 minutes. Drain. 	
Egg wash	as needed	as needed			
Red currant jelly	3.5 oz	100 g			
					

CANNOLI SHELLS

For large-quantity measurements, see page 726.

Ingredients	U.S.	Metric	%	PROCEDURE
Bread flour	6 oz	175 g	50	
Pastry flour	6 oz	175 g	50	
Sugar	1 oz	30 g	8	
Salt	0.04 oz ($\frac{1}{6}$ tsp)	1 g	0.3	
Butter	2 oz	60 g	17	
Egg, beaten	1.67 oz (1 egg)	50 g (1 egg)	14	
Dry white wine or Marsala	4 oz	125 g	33	
Total weight:	1 lb 4 oz	616 g	172 %	

VARIATION

SICILIAN CANNOLI

Using a pastry bag, fill cooled cannoli shells from both ends with Ricotta Cannoli Filling (below). Sprinkle lightly with confectioners' sugar. If desired, decorate the filling at the ends of the cannoli with halved candied cherries, colored sugar, or chopped pistachios.



RICOTTA CANNOLI FILLING

For large-quantity measurements, see page 726.

Ingredients	U.S.	Metric	%	PROCEDURE
Ricotta impastata (see p. 74)	1 lb	500 g	100	
Confectioners' sugar	8 oz	250 g	50	
Cinnamon extract	0.25 oz ($1\frac{1}{2}$ tsp)	7 g	1.5	
Candied citron, candied citrus peel, or candied pumpkin, finely diced	1.5 oz	45 g	9	
Sweet chocolate, finely chopped, or tiny chocolate bits	1 oz	30 g	6	
Total weight:	1 lb 10 oz	832 g	166 %	

JALEBIS

Yield: approximately 100 pieces

Ingredient	U.S.	Metric	%
Bread flour	8 oz	250 g	50
Pastry flour	8 oz	250 g	50
Plain yogurt	4 oz	125 g	25
Water	12 oz	375 g	75
Powdered saffron	¼ tsp	1 mL	
Water	6 oz	185 g	37.5
Total weight of batter:	2 lb 16 oz	800 g	237 %
Syrup			
Water	1 lb 12 oz	800 g	
Sugar	1 lb 12 oz	800 g	
Saffron	1 tsp	5 mL	
Ground cardamom	½ tsp	2 mL	
Rose water	1 fl oz	15 mL	

VARIATION

For a less expensive version, omit both quantities of saffron. Instead, color the batter and syrup pale orange using red and yellow food colors, if desired.



PROCEDURE

MIXING

1. Sift together the bread flour and pastry flour into a bowl.
2. Beat the yogurt until smooth.
3. Mix the first quantity of water into the yogurt.
4. Stir the yogurt mixture and the saffron into the flour. Mix until smooth.
5. Stir in the second quantity of water to make a batter.
6. Strain.
7. Let the batter stand several hours or overnight.

PREPARING THE SYRUP

1. Combine the water and sugar in a heavy saucepan. Bring to a boil.
2. Boil until the sugar is completely dissolved and the syrup reaches 230°F (110°C) when tested with a sugar thermometer.
3. Remove from the heat and stir in the saffron and cardamom.
4. When the syrup has cooled but is still warm, stir in the rose water.

FRYING AND FINISHING

1. Before frying, reheat the syrup until it is hot. Set aside.
2. Fill a squeeze bottle with batter. The opening of the squeeze bottle should be about ⅛ in. (3 mm) across, about the same as on a ketchup squeeze bottle.
3. Heat frying fat to 350°F (175°C).
4. With the squeeze bottle, drop the batter into the fat in tight spirals 2½–3 in. (6–7 cm) across.
5. Fry on both sides until very lightly browned.
6. Remove from the fat and drain on absorbent paper for 1 minute.
7. Drop the jalebis into the warm syrup. Leave in the syrup for 2–4 minutes, then remove and drain.

INDIAN DESSERTS

Desserts from India are known for being aromatic and sweet. Many types of pastries are sweetened by soaking them in a flavored syrup. Jalebis are a deep-fried example of a pastry soaked in syrup. Freshly made, hot jalebis are often sold by street vendors in India.

CHINESE SESAME BALLS

Yield: 40 pieces, about 1 oz (25 g) each

Ingredient	U.S.	Metric	%
Water	10 oz	250 g	62.5
Brown sugar	6 oz	200 g	37.5
Glutinous rice powder	1 lb	400 g	100
Red bean paste or lotus paste, canned	8 oz	150 g	50
Sesame seeds	as needed	as needed	
Total weight:	2 lb 8 oz	1000 g	262 %



CHINESE PASTRIES

Chinese pastries are not usually very sweet, at least by European and North American standards, and desserts are not part of a typical Chinese dinner. Pastries are more often eaten as tea snacks or as part of a morning or midday meal of dumplings and other little dishes known as *dim sum*.

Pastes made from seeds, legumes, and nuts are often used as pastry fillings and are available already prepared. The red beans used for the paste in the recipe for sesame balls are small red dried beans known as *azuki beans*. They are also used to make a lightly sweetened soup sometimes served as dessert on banquet menus.

PROCEDURE

MIXING

1. Bring the water to a boil in a saucepan. Add the sugar and stir until dissolved.
2. Place the glutinous rice powder in a mixing bowl.
3. Mix the syrup into the rice powder to make a dough. Knead the dough until it is smooth.

MAKEUP

1. Divide the dough into 4 equal pieces.
2. Using rice powder to dust the workbench and your hands, roll each piece of dough into a cylinder about 10 in. (25 cm) long.
3. Cut each cylinder into 10 equal pieces.
4. Roll each piece between the palms of your hands into a ball.
5. Roll the bean paste or lotus paste into small balls of about 1 tsp (5 g) each. If the paste is too soft to work with, refrigerate or partially freeze it.
6. Make a deep indentation in each rice dough ball with the thumb. Place a ball of bean paste inside and mold the dough to cover the hole completely. Make sure it is well sealed.
7. Place the sesame seeds in a pan or bowl.
8. Dip your hands in water, then roll a filled ball between the palms of the hands to moisten it slightly to help the seeds stick.
9. Roll the ball in the sesame seeds until well coated.

FRYING

1. Heat frying fat to 350°F (175°C).
2. Drop a few sesame balls into the hot fat. Fry about 2 minutes.
3. When the balls are lightly browned, they should be squeezed gently to help them expand in size slightly. For example, use a pair of tongs to squeeze and turn the balls, or use a spatula to press them lightly against the side of the fryer. Release and repeat. (This technique takes a little practice.)
4. Continue frying until the balls are golden brown.
5. Drain. Serve warm.

PANCAKES AND WAFFLES

ALTHOUGH PANCAKES AND waffles are rarely produced in the retail bakeshop, they are essential items on the breakfast, brunch, and dessert menus in food service operations. In addition, a French waffle (*gaufre*) formula that is especially well suited for dessert is included here. This batter is actually an éclair paste thinned with cream or milk. French pancakes, or *crêpes*, and desserts made from them are also presented.

American-Style Pancakes and Waffles

American-style pancakes and waffles are made from pourable batters mixed by the muffin method, which is presented in Chapter 10. As with muffins, it is important to avoid overmixing the batters for these products in order to prevent excessive gluten development.

Pancakes and waffles can be made in almost unlimited varieties by substituting other types of flour, such as buckwheat flour, whole wheat flour, and cornmeal, for part of the pastry flour. As some of these absorb more water than others, additional liquid may be needed to thin the batter.

Compare the formulas for pancakes and waffles. In particular, pay attention to these differences:

- Waffle batter contains more fat. This makes the waffles richer and crisper and aids in their release from the waffle iron.
- Waffle batter contains less liquid, so it is slightly thicker. This, too, makes waffles crisp, as crispness depends on low moisture content.
- Whipping the egg whites separately and folding them into the batter gives waffles added lightness.

Advance Preparation for Volume Service

1. Pancake and waffle batters leavened *only by baking powder* may be mixed the night before and stored in the cooler. Some rising power may be lost, so baking powder may have to be increased.
2. Batters leavened by *baking soda* should not be made too far ahead because the soda will lose its power. Mix dry ingredients and liquid ingredients ahead; combine just before service.
3. Batters using beaten *egg whites and baking powder* may be partially made ahead, but *incorporate the egg whites just before service*.

PANCAKES AND WAFFLES

Yield: about 1 qt (1 L)

Ingredients	Pancakes			Waffles		
	U.S.	Metric	%	U.S.	Metric	%
Pastry flour	8 oz	225 g	100	8 oz	225 g	100
Sugar	1 oz	30 g	12.5	—	—	—
Salt	0.08 oz (½ tsp)	2.5 g	1	0.08 oz (½ tsp)	2 g	1
Baking powder	0.5 oz (1 tbsp)	15 g	6	0.5 oz (1 tbsp)	15 g	6
Whole eggs, beaten	3.5 oz (2 large)	100 g	44	—	—	—
Egg yolks, beaten	—	—	—	2 oz	55 g	25
Milk	1 lb	450 g	200	12 oz	340 g	150
Butter, melted, or oil	2 oz	55 g	25	4 oz	112 g	50
Egg whites	—	—	—	3 oz (3 large)	85 g	38
Sugar	—	—	—	1 oz	30 g	12.5

PROCEDURE

MIXING

Muffin method (p. 217)

1. Sift together the dry ingredients.
2. Combine the eggs or egg yolks, milk, and fat.
3. Add the liquid ingredients to the dry ingredients. Mix until just combined. Do not overmix.
4. For waffles: Just before they are to be cooked, whip the egg whites until they form soft peaks, then beat in the sugar until the meringue is stiff. Fold into the batter.

COOKING PANCAKES

1. Using a 2-oz (60-mL) ladle, measure portions of batter onto a greased, preheated griddle (375°F/190°C), allowing space for spreading.
2. Fry the pancakes until the tops are covered with bubbles and begin to look dry, and the bottoms are golden brown.
3. Turn and brown the other side.
4. Serve hot, accompanied by butter, maple syrup, fruit syrup, jams or preserves, applesauce, or fresh berries.

COOKING WAFFLES

1. Pour enough batter onto a lightly greased, preheated waffle iron to almost cover the surface. Close the iron.
2. Cook the waffles until the signal light indicates they are done, or until steam is no longer emitted. The waffles should be brown and crisp.
3. Serve warm with confectioners' sugar, syrup, jam, or fresh fruit.

VARIATION

BUTTERMILK PANCAKES AND WAFFLES

Use buttermilk instead of milk. Reduce baking powder to 3% (0.25 oz or 1½ tsp/7 g) and add ¾ tsp (3 g) baking soda. If the batter is too thick, thin it with milk or water as necessary (up to 50%).

GAUFRES (FRENCH WAFFLES)

Ingredients	U.S.	Metric	%	PROCEDURE
Milk	1 lb	500 g	200	
Salt	0.25 oz	8 g	3	
Butter	3 oz	95 g	37.5	
Bread flour	8 oz	250 g	100	
Eggs	13 oz (about 8 large eggs)	400 g	162.5	
Cream	8 oz	250 g	100	
Milk	4 oz	125 g	50	
Total weight:	3 lb 4 oz	1628 g	653 %	

Crêpes

Crêpes are thin, unleavened pancakes. They are rarely served plain but are instead used to construct a great variety of desserts by being rolled around fillings, layered with fillings, or served with sweet sauces. Unsweetened crêpes are used in similar ways but filled with meat, fish, or vegetable preparations.

Unlike leavened pancakes, crêpes may be made in advance, covered and refrigerated, and used as needed. When the crêpes are filled and rolled or folded, the side that was browned first, which is the more attractive side, should be on the outside.

CRÊPES

Yield: about 50 crêpes

Ingredients	U.S.	Metric	%
Bread flour	8 oz	250 g	50
Cake flour	8 oz	250 g	50
Sugar	2 oz	60 g	12.5
Salt	0.5 oz	15 g	3
Eggs	12 oz (7 large eggs)	375 g (7 large eggs)	75
Milk	2 lb	1000 g	200
Oil or clarified butter	5 oz	150 g	20
Total weight:	4 lb 3 oz	2100 g	421 %

PROCEDURE

MIXING

1. Sift the flour, sugar, and salt into a bowl.
2. Add the eggs and just enough of the milk to make a soft paste with the flour. Mix until smooth and lump-free.
3. Gradually mix in the rest of the milk and the oil. The batter should be about the consistency of heavy cream. If it is too thick, mix in a little water. If it has lumps, pour it through a strainer.
4. Let the batter rest 2 hours before frying.

FRYING

1. Rub a 6- or 7-in. (15–18-cm) crêpe pan or skillet lightly with oil. Heat the pan over moderately high heat until it is very hot. Brush lightly with melted butter and pour off any excess (a).
2. Remove from heat and pour in about 3–4 tablespoons (45–60 mL) of the batter. Very quickly tilt the pan to cover the bottom with a thin layer. Immediately dump out any excess batter, as the crêpe must be very thin (b).
3. Return to the heat for about 1–1½ minutes, until the bottom is lightly browned (c). Flip the crêpe and brown the second side (d). The second side will brown in only a few spots and will not be as attractive as the first side. Therefore the first side should always be the visible side when the crêpe is served (e).
4. Slide the crêpe onto a plate. Continue making crêpes and stacking them as they are finished. Grease the pan lightly when necessary.
5. Cover the finished crêpes and refrigerate until needed.



VARIATION

CHOCOLATE CRÊPES

Ingredients	U.S.	Metric	%
Bread flour	6 oz	190 g	37.5
Cake flour	8 oz	250 g	50
Cocoa powder	2 oz	60 g	12.5

Reduce the quantity of flour in the crêpe formula and add cocoa powder in the proportion listed. Sift the cocoa with the flour in step 1 of the mixing procedure.

Crêpe Desserts

The variety of crêpe desserts you can prepare is limited only by your imagination. The following are only a few of many possible suggestions.

Crêpes Normande. Sauté fresh sliced apples in butter and sprinkle with sugar and a dash of cinnamon. Roll the apples in crêpes and dust with confectioners' sugar.

Banana Crêpes. Sauté sliced bananas quickly in butter and sprinkle with brown sugar and a dash of rum. Roll the filling in the crêpes. Serve with apricot sauce (p. 274).

Crêpes with Jam. Spread apricot jam on crêpes and roll them up. Sprinkle with sugar and run under the broiler quickly to glaze the sugar.

Glazed Crêpes. Fill crêpes with vanilla pastry cream (p. 267) and roll them up. Sprinkle with sugar and run under the broiler to glaze the sugar.

Crêpes Frangipane. Spread the crêpes with Frangipane filling (p. 199) and roll them up or fold them in quarters. Brush with butter and sprinkle with sugar. Place in a buttered baking dish and bake in a hot oven about 10 minutes to heat through. Serve with chocolate sauce or vanilla sauce.

Crêpes Suzette. This most famous of all crêpe desserts is generally prepared at tableside by the waiter according to the procedure in the following recipe. The crêpes, fruit, sugar, and butter are supplied by the kitchen. The dish can also be prepared in the kitchen or pastry department by coating crêpes with hot Sauce Suzette (p. 278).

CRÊPES SUZETTE (DINING ROOM PREPARATION)

Yield: 4 portions

Ingredients	U.S.	Metric	PROCEDURE
Sugar	3 oz	85 g	<ol style="list-style-type: none"> 1. In a flambé pan, heat the sugar until it melts and begins to caramelize. 2. Cut several strips of rind from the orange and one from the lemon; add them to the pan. 3. Add the butter and squeeze the juice from the orange and lemon into the pan. Cook and stir until the sugar is dissolved and the mixture is a little syrupy. 4. Add the orange liqueur. One by one, dip the crêpes in the sauce to coat, then fold them into quarters in the pan. 5. Add the cognac and allow it to heat for a few seconds. Flame by carefully tipping the pan toward the burner flame until the cognac ignites. 6. Shake the pan gently and spoon the sauce over the crêpes until the flame dies down. 7. Serve 3 crêpes per portion. Spoon a little of the remaining sauce over each serving.
Orange	1	1	
Lemon	½	½	
Butter	2 oz	60 g	
Orange-flavored liqueur	1 oz	30 mL	
Cognac	2 oz	60 mL	
Crêpes	12	12	

CRÊPES SOUFFLÉS SUZETTE

Yield: 6 portions

Ingredients	U.S.	Metric
Orange juice	8 oz	250 g
Cornstarch	1 oz	25 g
Water	as needed	as needed
Sugar	1 oz	30 g
Orange liqueur, such as Grand Marnier	1.67 oz	50 g
Vanilla extract	½ tsp	2 g
Egg whites	4 oz	125 g
Sugar	2.5 oz	75 g
Crêpes (p. 249)	18	18
Confectioners' sugar	as needed	as needed
Sauce Suzette (p. 278)	8 oz	240 mL
Candied orange zest	as desired	as desired
Berries or other fruit garnish	as desired	as desired

PROCEDURE

1. Heat the orange juice.
2. Mix the cornstarch with enough cold water to make a smooth slurry. Stir into the orange juice and cook, stirring, until thickened.
3. Add the sugar, liqueur, and vanilla. Boil to dissolve the sugar.
4. Cool the mixture.
5. Whip the egg whites to soft peaks. Add the sugar and whip to a firm meringue.
6. Whip one-third of the meringue into the orange base, then fold in the remaining meringue.
7. Fit a pastry bag with a medium plain tip. Fill with the orange meringue mixture.
8. Fold the crêpes into quarters. Using the pastry bag, fill the folded pancakes with the orange meringue mixture. The pancakes may now be frozen for later use if desired.
9. Arrange the filled pancakes on a greased baking sheet. Bake at 375°F (190°C) until well risen and firm to the touch.
10. Dust lightly with confectioners' sugar.
11. Ladle a ring of Sauce Suzette onto each plate. Arrange 3 crêpes on each plate. Garnish as desired with candied zest and berries.



CHOCOLATE SOUFFLÉ CRÊPES

Yield: 6 portions

Ingredients	U.S.	Metric	PROCEDURE
Milk	8 oz	250 g	<ol style="list-style-type: none"> 1. Heat the milk and chocolate together, stirring, until the chocolate is melted and well mixed with the milk. Bring to a simmer. 2. Combine the cornstarch and rum and mix to a smooth paste. Stir into the hot milk and simmer until thickened. 3. Stir in the sugar and vanilla until the sugar is dissolved. 4. Whip the egg whites to soft peaks. Add the sugar and whip to a firm meringue. 5. Whip one-third of the meringue into the chocolate base, then fold in the remaining meringue. 6. Fit a pastry bag with a medium plain tip. Fill with the chocolate meringue mixture. 7. Fold the chocolate crêpes into quarters. Using the pastry bag, fill the folded pancakes with the chocolate meringue mixture. The pancakes may now be frozen for later use if desired. 8. Arrange the filled pancakes on a greased baking sheet. Bake at 375°F (190°C) until well risen and firm to the touch. 9. Dust lightly with confectioners' sugar. 10. Ladle a pool of Chocolate Sauce onto each plate. Arrange 3 crêpes on each plate. Pipe a few dots of yogurt onto the sauce and feather. Garnish with candied orange zest.
Bittersweet chocolate	1.67 oz	50 g	
Cornstarch	1 oz	25 g	
Rum	1 oz	30 g	
Sugar	1.67 oz	50 g	
Vanilla extract	½ tsp	2 g	
Egg whites	4 oz	125 g	
Sugar	2.5 oz	75 g	
Chocolate Crêpes (p. 249)	18	18	
Chocolate Sauce (pp. 274–275)	8 oz	250 g	
Plain yogurt	4 tsp	20 g	
Candied orange zest	0.5–1 oz	20 g	



CRÊPE GÂTEAU WITH PLUM COMPOTE

Yield: 1 portion

Ingredients	U.S.	Metric
Plum Compote (p. 599)	4 oz	115 g
Crêpes (p. 249)	5	5
Garnish		
Vanilla Ice Cream (p. 558)	as needed	as needed

PROCEDURE

1. Place the plum compote in a fine strainer. Reduce the drained liquid to the consistency of a light sauce.
2. Using a 2½ to 3-inch (6.5-7.5-cm) cutter, cut a round out of the center of each crêpe.
3. Place one crêpe round in the center of a plate and set the cutter over it.
4. Spoon one-fourth of the plum compote onto the crêpe and press down with the back of a spoon. Top with another crêpe.
5. Continue with the remaining compote and crêpes, ending with a crêpe. Remove the cutter.
6. Drizzle a little of the reduced liquid around the crêpe stack.
7. Top with a quenelle of ice cream.



KEY POINTS TO REVIEW

- What are the steps in the procedure for preparing fruit fritters?
- What mixing method is used to prepare pancake and waffle batters?
- What are the steps in the procedures for mixing and frying crêpes?

TERMS FOR REVIEW

modified straight dough method

glaze

cannoli

crêpe

fritter

gaufre

crêpes Suzette

French doughnut

beignet soufflé



QUESTIONS FOR DISCUSSION

1. Two yeast doughnut formulas have the same quantities of fat and milk, but one has more sugar than the other. Which one do you expect would require a higher frying temperature? Why?
2. Why is it important to carefully control the mixing time when making cake doughnuts?
3. List seven rules for maintaining frying fat to produce good-quality fried foods.
4. What type of leavening is used in crêpes (French pancakes)? In French doughnuts?
5. Why does waffle batter often contain less liquid (water or milk) than pancake batter?
6. Which mixing method is used to make American-style pancakes? What are the steps in this method?