



## Calabash Nutmeg Twisted Doughnuts



TOTAL TIME

2h



DIFFICULTY



SERVINGS

5 persons

Share on: [f](#) [t](#) [@](#)

### INGREDIENTS

#### DOUGH

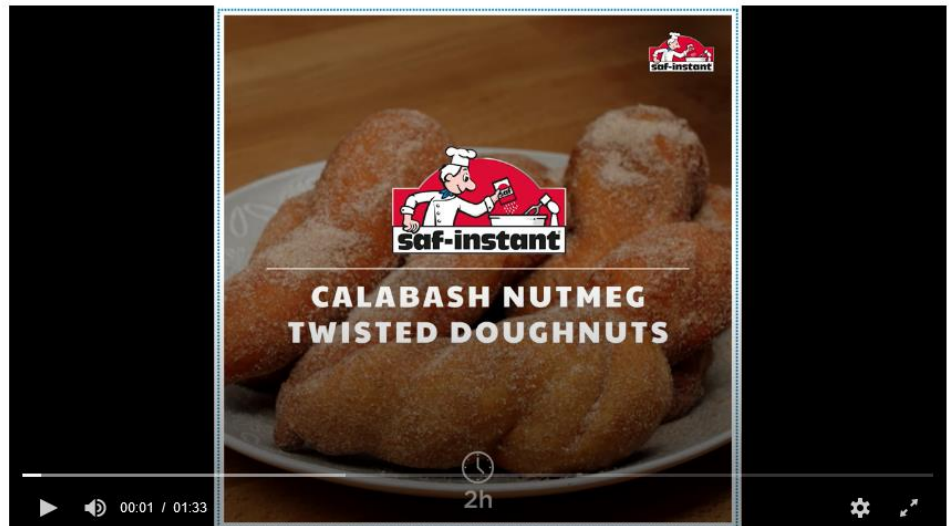
- 250g Wheat flour
- 1/4 tsp Salt
- 1/2 sachet Saf-Instant yeast 11g
- 2 tbsp Sugar
- 40 g Butter or Margarine
- 1/4 tsp Ground cinnamon
- 1 Egg
- 110ml Milk
- 1/4 tbsp Grated calabash nutmeg

#### TOPPING

- 10 tbsp Sugar
- 1 tbsp Ground cinnamon

#### FRYING

- Cooking oil



#### FEATURED PRODUCT



- 1** Pour the lukewarm milk into a large mixing bowl and mix in the yeast.
- 2** Add the flour, salt, sugar, egg, softened butter or margarine, cinnamon and calabash nutmeg. Mix until the dough has an even consistency.
- 3** Knead for 10 minutes.
- 4** Shape the dough into a ball. Cover and leave to rest for 15 minutes.
- 5** Divide the dough into 10 equal pieces. Leave to rest for 5 minutes.
- 6** Roll into a rope, 10 inches long. When rolling, start moving one hand up and one hand down so the rope gets twisted.
- 7** Lift up the dough and turn it 3 or 4 times to give it a spiral look. Continue this process with the remaining dough.
- 8** Place on a tray and leave to rest for 30 minutes.
- 9** Heat the oil to 170°C in a pan.
- 10** For the topping: Mix the sugar and cinnamon in a bowl.
- 11** Gently put the doughnut in the oil. Cook for 2 to 3 minutes, turning from time to time, until golden all over. Then drain on kitchen paper.
- 12** Roll the doughnuts in a sugar and cinnamon mixture.