

Cake Doughnuts with Rainbow Glaze

PREP TIME

45

Minutes

START TO FINISH

1HR 15

Minutes

SERVES

24

Minutes

RECIPE
#16

It's the best of old and new! We've matched our best cake doughnut with a fun, contemporary glaze. "I had a Betty Crocker cookbook in the '70s, and I loved this recipe. I no longer have the book and am so happy to have found this recipe again! They are delicious!"



INGREDIENTS: DOUGHNUTS

Vegetable oil
3 1/2 cups all-purpose flour
1 cup granulated sugar
3/4 cup milk
3 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg

2 tablespoons shortening
2 eggs

RAINBOW GLAZE

4 1/2 cups powdered sugar
6 tablespoons milk
1/4 cup light corn syrup Red, orange, yellow, green, blue and purple gel icing colors (not liquid food color)

PREPARATION:

- 1** In large bowl, beat 1 1/2 cups of the flour and the remaining doughnut ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in remaining flour until well mixed.
- 2** On generously floured surface, roll dough lightly to coat in flour. Gently roll out to 3/8-inch thickness. With floured 2 1/2-inch doughnut cutter, cut dough into 24 rounds, rerolling dough if necessary.
- 3** In deep fryer or 3-quart saucepan, heat 3 to 4 inches oil to 375°F.
- 4** Fry doughnuts and doughnut holes in oil, 2 to 3 at a time. Turn as they rise to the surface; fry 2 to 3 minutes longer or until golden brown on both sides. Remove from oil with slotted spoon; drain on paper towels.

5 In large bowl, mix all rainbow glaze ingredients except gel colors until smooth. Divide evenly among 6 small bowls. Add a different color gel to each bowl; stir to blend. Place each color glaze in small resealable food-storage plastic bag. Cut off tiny corner of each bag.

6 Place cooling rack on large cookie sheet; place doughnuts on rack. To make a rainbow on each doughnut, pipe one stripe each of red, orange, yellow, green, blue and purple glaze over top and slightly over edge of doughnut so colors just touch. The glaze will spread slightly and drip clown side. Glaze 1 or 2 doughnuts at a time with all colors so glaze can blend together slightly before setting. Frost doughnut holes with remaining glaze. Let stand at least 30 minutes or until glaze is set.

1 DOUGHNUT Calories 300; Total Fat 11g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 15mg; Sodium 125mg; Total Carbohydrate 48g (Dietary Fiber 0g); Protein 2g
CARBOHYDRATE CHOICES: 3

BUTTERMILK DOUGHNUTS:

Prepare as directed—except substitute buttermilk for milk, decrease baking powder to 2 teaspoons and add 1 teaspoon baking soda.

Betty's Kitchen Tips:

The glaze may seem thick at first, but don't be tempted to thin it. It will flow just enough to drip slightly clown side of doughnut. If it is too thin, it will not set up and will run off the doughnut.

How to Store:

Store glazed doughnuts in a tightly covered container.