



Malasadas originate in Portugal and are similar to doughnuts but without a hole. They are made with a yeasted dough, then fried and coated in sugar. They can also be filled with various fillings. These will be filled with a lemon cream.

SHOPPING FOR YOUR CLASS

Coconut Oil: We suggest you use coconut oil to fry your malasadas but you can use a neutral oil of your choice too (i.e. canola oil). The coconut oil gives off less of a deep-frying smell, and as it is solid at room temperature the malasadas will be less greasy than when fried in another oil.

MALASADAS (*makes 12 Malasadas*)

Recipe by LARRY HARRIS

		Weight	Baker Percentage
Dough			
Unbleached Flour	4 1/4 c	552 g	100.0%
Milk (heated 90-100° F)	1 c	250 g	45.3%
Granulated Sugar	1/3 c	65 g	11.8%
Instant Dried Yeast	2 1/4 t	7 g	1.3%
Unsalted Butter, Melted cooled to ~100° F	5 1/2 T	80 g	14.5%
Large Eggs (room temperature)	4	200 g	36.2%
Vanilla Extract	2 t	10 g	1.8%
Kosher Salt	1/2 t	2 g	0.4%
Dough Weight		1166 g	
Lemon Cream			
Large Eggs	2	100 g	
Large Egg Yolks	3	75 g	
Icing Sugar	1 1/3 C	160 g	

Granulated Sugar	1 C	200 g
Freshly Squeezed Lemon Juice (2-3)	1/2 C	125 g
Finely Grated Lemon Zest	2 T	~6 g
Unsalted Butter	8 T	112 g
Lemon Cream Weight		778 g

Granulated Sugar for Coating	1 1/2 C	300 g
Coconut Oil for Deep Frying	3-4 l	3-4 kg

- You can use regular all-purpose or unbleached flour.
- You can use another neutral oil like canola oil instead of the coconut oil.
- Yeast quantity is 1 package, if you use packages. If you use traditional yeast, follow package instructions for blooming prior to class start.

Making the Dough

- **Mixing with Stand Mixer**
 - Place the milk (90-100° F), granulated sugar, melted butter and eggs and vanilla extract in the bowl of the stand mixer. Whisk together by hand.
 - Add the instant yeast, unbleached flour and salt, adding the salt and yeast to opposite sides of the bowl. This initial separation prevents the salt from killing the yeast. Using a spatula, mix the ingredients together.
 - With the dough hook, knead for 5-7 minutes until the dough is elastic. This is a very sticky dough. Place in a large oiled bowl and cover and allow to rise for approximately 60 minutes until it is about 2 1/2 times in size.
- **Mixing by Hand** – this is a sticky dough. If you can, use a stand mixer.
 - Place the milk (90-100° F), granulated sugar, melted butter and eggs and vanilla extract in large bowl. Whisk together by hand.
 - Add the instant yeast, unbleached flour and salt, adding the salt and yeast to opposite sides of the bowl. This initial separation prevents the salt from killing the yeast. Using a spatula, mix the ingredients together.
 - Knead in the bowl with your hands (using gloves is a good idea) for about 10 minutes. This is a very sticky dough. Place in a large oiled bowl and cover and allow to rise for approximately 60 minutes until it is about 2 1/2 times in size.
- While the dough is rising make the Lemon Cream.

Lemon Cream

- Set up a bain marie that will fit a medium mixing bowl.
- Combine eggs, egg yolks, icing sugar, and sugar with a whisk in the mixing bowl. When completely mixed, whisk in the lemon juice and lemon zest.
- Place the mixing bowl over the bain marie, whisking regularly. When warm (about 150°F), add in the butter, continue whisking until thick, approximately 180°F-185°F.

- Pour the cream through a strainer over a dish to remove any lumps. When finished cover with plastic wrap pressing on the cream. Cool in refrigerator – place in a shallow dish to cool more quickly.

Shaping and Frying

- When the dough is ready, punch it down and dump onto a floured countertop. Roll it out so the dough is about 1" or 2.5 cm thick. Dip a 2 1/4" (~ 6 cm) cutter into some flour and cut out rounds, placing them on a well-floured parchment lined sheet pan, about 1" apart. You can combine any unused pieces, roll out and cut again. Cover the dough with a tea towel and allow the dough to for 30 minutes.
- In a deep fryer or large pot, heat the coconut oil to 350° F.
- Place the granulated sugar for rolling into a shallow dish
- When the oil is hot place 3-4 malasadas into the oil at a time. Keep checking the oil temperature and adjust as necessary to keep it at it 350° F. Cook for approximately 2 minutes on each side, flipping after first 2 minutes. They should be a dark golden brown and at least 185° F inside. Repeat until all are fried
- Place on a rack on a sheet pan lined with paper towel and allow to rest a few minutes, then roll in granulated and place back on rack. Repeat until all are coated with sugar.

Filling

- Place the lemon cream (or other filling) in a 18" piping bag fitted with a bismarck filling tip or 1/4" piping tip.
- With a small sharp knife, make a hole in one side of each malasada and place the piping tip in and fill the malasadas with about 2 tablespoons of filling, it will feel heavy. Repeat with all malasadas.
- Enjoy!
- Refrigerate if there are any leftover. They can be heated for about 15 seconds in a microwave.

EQUIPMENT

Stand Mixer
 Weigh Scale
 Bowl(s)
 Spatulas
 Whisk
 Dough scraper
 Half Sheet Pans
 Parchment Paper
 Deep Fryer or Large Pot (i.e. 5-quart dutch oven)
 18" Piping Bag
 Bismarck Filling Tip or 1/4" Piping Tip