

# Informative speech about doughnuts essay

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According to “ Wayne Giggles in Professional Baking’ Baking is one of the oldest occupations of the human race. Since early prehistoric human being made the transition from nomadic hunters to settled gatherers and farmers, grains have been the most important foods to sustain human life, often nearly the only food. The profession that today includes baking artisan sourdough breads and assembling elegant pastries and desserts began thousands of years ago with the harvesting of wild grass seeds and grinding of those seeds between stones. Today, the profession of baker and pastry chef are growing quickly and changing rapidly. According to “ The Food Timeline” A doughnut is a deep-fried cake with a long European history and roots in still earlier Middle Eastern cuisine. To make this delectable confection 3 (1 14 ounce / g) packages yeast (3/4 oz / egg total), 1/2 cup water (105-OFF / 40-ICC), 2 1/4 cups milk, scalded, then cooled, 3/4 cup sugar, 1 1/2 teaspoons salt, 3 eggs, 1/2 cup shortening, 7 1/2 cups all-purpose flour. Canola oil for frying. Proof your yeast by adding it to the warm water.

Mix it up and let it rest. Scald the milk in your microwave or on top of your stove, and let cool. Learned from a baker that the reason you scald the milk is because regular milk has an enzyme in it that will kill the yeast.

If you don't scald it first to kill the enzyme, your donuts won't rise. Combine yeast, milk, sugar, salt, eggs, shortening and 3 cups flour. Beat on low for 30 seconds, scraping bowl constantly. Beat on medium speed for 2 minutes, scraping bowl occasionally. Carefully (not like me), stir in remaining flour until smooth. Cover and let rise until double, 30-60 minutes. Time to cut,

cook and icing the doughnuts. After the dough has risen, turn dough onto floured surface; roll around lightly to coat with flour.

Gently roll dough 1/2-inch thick with floured rolling pin. Cut with floured doughnut cutter. Separate donuts and holes, as they take different frying times (but are equally delicious). Save your scraps - they are both great to test your fry time and to snack on while you're making the rest! Cover and let rise until double, 30-40 minutes. Like to make up the glaze at this point because it can sit at room temp until the donuts are fried and ready to be dipped.

Melt the butter and stir in powdered sugar and vanilla until smooth. Add milk (or water) until desired consistency is reached. Use a deep pan to heat the oil. I used a shallow one to be able to take better pictures, but this provides a real fire hazard. Heat your oil to OFF (180°C). A thermometer makes this part fool-proof, and you can monitor the heat to make sure it stays in this prime frying range. I like to use a scrap of donuts first to test different frying times.

Carefully place the donuts in the oil. Cook on each side for about one minute. Use chopsticks to flip the donuts and remove them from the oil. Place donuts on a rack or paper bags or paper towels to drain.

Now is the time to take your donuts into a magical dimension. Dip them in the glaze and set them on a rack to dry. Dipped both sides of my donuts in the glaze, but you can just do one if you would like.

So in conclusion as you can see Yes it will take some time. Yes you will need your patience and your thinking cap on. Baking is not always easy but I can say this it is rewarding.

For me to see family smile while they ate these gunshots was a reward all in its own. These donuts are simply amazing. Once you try them, you're going to want to make them again and again. In fact, woke up the next morning craving them, and I can assure you, they're still good the second day. A little piece of history about the doughnut in Paul R.

Mullions book he wrote one of our popular doughnut eateries Crispy Creme to be exact. Started when they used their last \$25 to rent a building. With little money left to buy ingredients he borrowed and used his last to make Crispy Creme what it is today.

Thank you and enjoy your day today.