



Recipe n°10

# APPLE DOUGHNUTS

Prepared with the Valentine TF3 fryer  
by Chef Philippe Lignon







Valentine presents a recipe created by Chef Philippe Lignon

## RECIPE N°10

### APPLE DOUGHNUTS

#### FOR 4 PERSONS

Preparation time	30 min
Cooking time	3 min

#### Ingredients

Firm-fleshed apples	4 pieces
Vanilla sugar	1 pinch
Rapeseed oil	50 ml
Baking powder	1 pinch
Flour	250 g
Milk	2 dl
Eggs	4 pieces
Salt	1 pinch

#### Icing sugar

#### Material needed

Valentine TF3 fryer
Absorbant paper

#### METHOD



- Mix the flour, baking powder and a pinch of salt in a suitable bowl.
- Dig a well and add the eggs and rapeseed oil.
- Mix with a whip. Gradually add the milk while continuing to mix.
- Peel (personally, I leave the skin on) and seed the apples and cut them into slices. Put them in a salad bowl and cover them with vanilla sugar. Keep aside.
- Turn on the Valentine TF3 fryer to 180°C.
- Dip the apple slices in the donut dough. Then immerse them in the hot oil. Be careful not to burn yourself.
- At half cooking time, turn the donuts over and let them brown well. Take the donuts out of the oil and place them on a plate covered with absorbent paper. Repeat the operation until all the dough is used up.
- Sprinkle the apple doughnuts with icing sugar and enjoy them lukewarm.

#### Tips

It is possible to decline this recipe of apple doughnuts with other fruits. According to your desires and to the seasons, you could for example make delicious pear doughnuts!

Enjoy your meal!



### DID YOU KNOW?

For a long time I believed that the term “Donut” (Beignet in French) meant that the preparation “Bathed” (baignait) in oil ?! It is clear that I was wrong.

The term donut has several possible origins.

In the Middle Ages, we called this kind of preparation “Bignet”, which would mean a salty or sweet pastry with meat or even fruits.

Other common words from the Old French like “Buyne” and “Beigne” would mean “bruise”. Which would explain the fact of “Getting a donut” (Se prendre une beigne) !

Let us rather keep as origin the term “Bigne”, much nicer which still means in old French: “to raise”.

Why do these donuts, which are said to originate from the Middle East and which would have crossed the whole world since Antiquity, still have the favor of epicureans who taste them?

Because they are hot, crispy, smooth and tasty!

Now it’s up to you to make this simple recipe and remember that it is happiness that you produce and even ... For the younger generations, their possible Proust madeleine!

Philippe Ligron