

Millet Drop Donuts with Jasmine Sugar & Fermented Honey

Millet is another small grain that packs a ton of taste and nutrition. Mixing it with all--purpose flour creates a structured dough that is also incredibly tender. Millet is subtly sweet and a little funky tasting. I love it with jasmine sugar and fermented honey. The flower adds beautiful aroma to the donuts. If you can't find jasmine flowers, use a flower sugar of your choice. The fermented honey mimics the sweet funk of the grain. Fermented honey can be used for a variety of purposes, and I recommend doubling its recipe so you have a jar on hand for whatever inspires you or just mixing into a tea. The unfried donut dough can be kept in the fridge for 3 days or in the freezer for 1 month, wrapped tightly in plastic wrap. The fried donuts are best on the same day.

220 g millet flour
455 g all--purpose flour plus more for dusting
15 g baking powder
5 g salt
40 g unsalted butter, at room temperature
240 g sugar
6 large egg yolks
15 g cider vinegar
400 g thick yogurt
Neutral oil for frying
Jasmine Sugar (page 264) (See below)
Fermented Honey (page 289) (See below)

Makes 36 to 40

Whisk together the flours, baking powder, and salt in a medium bowl.

In a stand mixer fitted with the paddle attachment, beat together the butter and sugar on medium speed for 2 minutes, or until combined. Add the yolks and mix to combine.

Turn off the mixer, scrape down all the sides, and turn the mixer back on to low speed. Add the vinegar and yogurt, then mix until combined.

Add the flour mixture slowly and mix until just combined, still on low.

Line a sheet tray with parchment paper and dust lightly with flour. Dump the dough onto the prepared sheet tray and press down to an inch thick. Lightly dust the top with flour and wrap with plastic wrap. Place the dough in the fridge to chill for 1 hour or overnight.

Heat 2 inches of oil in a large saucepot to 350°F. Use a small scoop to cut off golf ball--size bits of dough. Working in batches of 5 to 6, slip them into the hot oil and fry for 3 to 4 minutes, using tongs or a spider to turn the dough to get it browned on all sides. Transfer to a cooling rack set over a sheet tray.

Fry all the donuts. Toss in the jasmine sugar while still warm. Serve with fermented honey for dipping.

Jasmine Sugar (Africa)

Makes 1 pint

15 g dried jasmine flowers

350 g sugar

Combine the jasmine and half of the sugar in a spice grinder, then blitz to break down the jasmine. Transfer to a bowl and use a whisk to combine with the remaining sugar. Store in an airtight container.

Fermented Honey (Africa)

Makes 1 quart

700 g honey

70 g warm water, about 100°F

Combine the honey and warm water in a jar. Place an airtight lid on top and shake vigorously until well mixed. Open lid the slightly and allow to ferment at room temperature, out of direct sunlight, for 10 days. Transfer to the fridge or allow to continue fermenting at room temperature. Keeps for 6 months.