

DONUT, PANCAKE & SCONE, SWEET GOODS

LEMON MERINGUE

Taste what happens when two favourite recipes collide... Lemon Meringue Donuts. This is sure to be a much-loved staple in your bakery.

INGREDIENTS

INGREDIENTS	WEIGHT
Donut	
YRD Donut Mix	2.000kg
MAURI Compressed Yeast or Instant Dry Yeast*	0.100kg 0.040kg
Water We recommend 48-50% water on premix weight.	0.960-0.980kg
* If using MAURI Instant Dry Yeast, add an extra 60g water to the mix.	
Lemon Curd	
Lemon juice	0.200kg
Castor sugar	0.200kg
Unsalted butter	0.200kg
Whole eggs	0.200kg
Meringue	
Egg white	0.300kg
Castor sugar	0.600kg

METHOD

DONUT

STEP 1

Place the water, YRD Donut Mix and then yeast into a mixer fitted with a dough hook.

STEP 2

Mix on low speed for 1 minute. Scrape down.

STEP 3

Mix on high speed for 10-12 minutes or until dough reaches peak development.

STEP 4

Aim for finished dough temperature of 27-30°C.

STEP 5

Rest for 5 minutes before processing/sheeting.

STEP 6

Sheet out the dough to approximately 10mm thickness. Ensure to shake down the dough to reduce tension in the dough, relax the dough, as this will reduce shrinkage.

STEP 7

Cut donuts as required and place into proofer. We used a 9cm cutter and proofed for 23 minutes. Please note: the dough is soft and fairly sticky to touch.

LEMON CURD

STEP 1

Whisk together the lemon juice, sugar & eggs by hand in a saucepan over a low flame.

STEP 2

Continue whisking over the heat to keep mixture from sticking to the bottom of the pan.

STEP 3

Once mixture is hot to touch, add butter.

STEP 4

Continue whisking vigorously over the heat until it begins to boil.

STEP 5

Remove mixture from heat, transfer to another bowl and set aside in the fridge until required.

MERINGUE

STEP 1

In a mixing bowl fitted with a whisk attachment slowly start whisking the egg whites.

STEP 2

Gradually stream the sugar mixture over the egg whites whilst continually whisking.

STEP 3

Continue adding sugar in small amounts until meringue has developed stiff peaks and is smooth in texture.

PROOFER SETTING

STEP 1

Temperature: 30°C.

STEP 2

Relative humidity: 80%.

STEP 3

Proof time 20-25 minutes or until the proof height is 29-31mm.

FRYING

STEP 1

Allow the proofed donut to rest for 5 minutes on bench before frying at 190°C for 1 minute per side.

PRESENTATION

STEP 1

Fill donuts with lemon curd.

STEP 2

Dip the top 1/3 of the filled donut directly into the meringue and remove gently so as a peak is created.

STEP 3

Place donut on work bench and using a gas blow torch lightly toast the meringue.