

ADAM GRAY

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Warm Chocolate Doughnuts with a Damson Fool

Chocolate Doughnuts Ingredients

250ml Milk
450g Flour
50g Cocoa powder
7g Fresh yeast
1 Pinch of salt
50g Caster sugar
1 Egg
100g Unsalted butter



Method

- Warm the milk and mix in the yeast.
- Mix all the dried ingredients together and place on a mixing machine.
- While the machine is mixing on a low speed, add the butter in small pieces until it is fully incorporated.
- Beat the egg and pour into the mix, then finally the milk.
- Mix for about 10 minutes until it becomes elasticised dough.
- Place the dough in a bowl, cling film and put in a warm place.
- Let the dough prove for about 25 minutes until it has doubled in size.
- Lightly flour the work surface and roll out the dough to a 1cm thickness.
- Cut the dough with a cutter into the desired size and rest in the fridge for 20 minutes.
- Deep fry the doughnuts at 175°C and then roll in sugar and serve.

Damson Fool

450g Damson Puree
250ml Apple juice – Reduce to 100ml
3 egg yolks
20g sugar
3 Leaves gelatine
200ml Whipping cream
100g Italienne meringue

Method

- Whisk together the yolks and sugar, along with the reduced apple juice
- Place the mix in a saucepan and cook gently on the stove until the mixture coats the back of a spoon or it reaches 81 c.
- Take off the heat and add the pre-soaked gelatine leaves and pass through a fine sieve.
- Mix into the damson puree, the Italienne meringue and whipped cream.
- Place in the desired serving dishes and set in the fridge

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Warm Chocolate Doughnuts with a Damson Fool (cont'd)

Damson Puree

1kg Damsons
100g Sugar
250ml Apple juice

Method

- Place all ingredients in a thick-bottomed saucepan.
- Bring to the boil and simmer gently for 10-15 minutes.
- Liquidise and pass through a fine sieve

Italienne Meringue

3 Egg whites
40ml Water
180g Caster sugar
15g Glucose syrup

Method

- Whisk the egg whites to a soft peak stage.
- Boil the water, sugar and glucose until it reaches the temperature of 118°C
- Pour the boiling sugar mix onto the egg whites and continue whisking until it forms stiff, shiny peaks

