

Lemony Ricotta Poppy Seed Doughnut Holes + Juicylicious Lemon Icing



lemony ricotta poppy seed doughnut holes

pre-steps

Grown-ups: Preheat the oven to 325°F. Pour about **1 tsp vegetable oil** in the bottom of each well in a mini-muffin pan. Heat pan in the oven for 10 minutes before you are ready to bake the doughnut holes.

crack+separate+beat

Get **3 eggs** and show kids how to crack and separate the egg whites from the egg yolks. In a medium bowl, add the egg whites and beat the egg whites with your electric blender until they can hold a stiff peak. Set the egg white aside. Whisk the egg yolks together in a small bowl and reserve to the side.

zest+mix+fold

Have kids zest the skin of **1 lemon** with a fine grater (only the yellow part). Measure and mix together **1¼ C all-purpose flour, 2 tsp baking powder, ¼ C sugar, and 1 tsp poppy seeds**. In the bowl with the egg yolks, mix together the **juice of 1 lemon**, your pre-grated lemon zest, **2 T melted butter, 1 tsp vanilla extract, and 1 C ricotta cheese**. Combine the wet and dry ingredients and mix well. Finally, gently fold in the egg whites last until well combined. (To fold means to gently mix together with a spatula or spoon.)

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Family Fun Recipes

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bake+cool

Grown-ups: Pull your pre-heated muffin pans from the oven and carefully pour in about 1 T of the batter into each well. Stick the pans back in the oven and bake the doughnut holes for 15 to 17 minutes, or until they're a pale golden brown and a toothpick inserted into the middle of one of the center holes comes out clean. Let cool and serve with the lemon icing!

juicylicious lemon icing

whisk+pinch+drizzle

As the doughnut holes bake, it is time to make the Juicylicious Lemon Icing! In a medium sized bowl have your kids combine **1¼ C confectioners' powdered sugar**, **2-3 T fresh lemon juice** and a **pinch of poppy seeds**. Whisk everything together. Drizzle on top of the cooled doughnut holes. ENJOY!!

shopping list

Lemony Ricotta Poppy Seed Doughnut Holes

- | | |
|--|--|
| <input type="checkbox"/> 3 eggs | <input type="checkbox"/> 1 lemon (zest and juice) |
| <input type="checkbox"/> 1 ¼ C all-purpose flour | <input type="checkbox"/> 1 tsp poppy seeds |
| <input type="checkbox"/> 2 tsp baking powder | <input type="checkbox"/> 1 tsp vanilla extract |
| <input type="checkbox"/> ¼ C sugar | <input type="checkbox"/> 1 C ricotta cheese |
| <input type="checkbox"/> 2 T butter | <input type="checkbox"/> about 1 C vegetable oil for cooking |

Lemon Juicylicious Icing

- | |
|--|
| <input type="checkbox"/> 1 ¼ C confectioners' powdered sugar |
| <input type="checkbox"/> 2-3 T lemon juice |
| <input type="checkbox"/> pinch of poppy seeds |

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The History of Doughnut Holes!

Variations of doughnuts (fried dough) are found in almost every culture around the globe. The Dutch were making olykoeks—or “oil cakes”—as early as the mid 19th century. These early doughnuts were simply balls of cake fried until golden brown. Because the center of the cake did not cook as fast as the outside, the cakes were sometimes stuffed with fruit, nuts, or other fillings that did not require cooking.

One solution to the gooey, uncooked center of the doughnut was to stuff it with fillings that did not require cooking, but Hansen Gregory, an American ship captain, had another solution. In 1847, Gregory solved this problem by punching a hole in the center of the dough ball. The hole increased the surface area, exposure to the hot oil, and therefore eliminated the uncooked center. More colorful versions of Gregory's invention of the doughnut hole include him impaling a doughnut on the ship's steering wheel so that he could use both hands to steer, or the idea for the shape being delivered to him in a dream by angels. Whatever the story was, Gregory came up with putting hole in the middle of his olykoek, he is the man credited with inventing the classic hole-in-the-middle shape.

Doughnut holes are small spheres that are made from the dough taken from the center of ring doughnuts—or made to look as if they are. Doughnut makers saw the opportunity to market “holes” as a novelty, as if they were the portions cut out to make the ring. Originally, most varieties of doughnut holes were derivatives of their ring donut (yeast-based dough or cake batter) counterparts.

The Surprise Ingredient is: Lemons!

- ★ **Lemon trees bloom** and produce fruit year-round. Each tree can produce between 500 and 600 pounds of lemons in a year. Food historians say lemons have been in cultivation around the Mediterranean from as early as the first century BCE.
- ★ **Most lemons are Eurekas or Lisbons.** Eurekas have somewhat thicker rinds, but regardless of variety, look for a lemon that feels heavy in the hand and which, gently squeezed, gives nicely and doesn't seem to have a thick, hard rind (less juice inside). Lemons turn from green to yellow because of temperature changes, not ripeness, so green patches are OK, but avoid those with brown spots, which indicate rot.
- ★ **One lemon contains a full day's supply** of ascorbic acid, or vitamin C, but that's the whole fruit; the juice holds about a third. Lemon juice is also about 5 percent citric acid, making it a natural for slowing the browning or oxidation of fresh, raw foods: apples, avocados, bananas, and other fruits.
- ★ **Before juicing, roll a room-temperature lemon** under your palm to break down the cells inside the fruit that hold liquid. If a fruit is especially hard (and sometimes it's hard to find a good one in an entire supermarket bin), microwave the fruit for 20 seconds. You should get 2 to 3 tablespoons of juice per fruit.

Time for a laugh!

What do you give a hurt lemon? Lemon aide!

Why did the baker stop making doughnuts? He got fed up with the ‘hole’ business!

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