VANILLAGOODS BAKING ACADEMY · DOUGHNUTS & SWEET DOUGHS

Course workbook

Homemade Doughnuts

Brioche-style doughs, frying, glazes



Intermediate · 5 video lessons · 47 minutes of video · Notes, quizzes and a practice log

By the end you'll be able to

- Mix and proof an enriched dough
- Fry at a steady temperature
- Fill and glaze doughnuts

Inside

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Lesson videos by CupcakeJemma, Binging with Babish, Spicy Foodz, Emma's Goodies and Bincy Chris, watched on YouTube from the course page.

This workbook belongs to _____

START HERE

How to use this workbook

This workbook goes with the free video course **Homemade Doughnuts** on vanillagoods.com. Watch each lesson there, then use these pages to keep what you learned and to track what you have practised.

1

Watch

Open the lesson page and watch the creator's video. Jot quick notes on the lined space as you go.

2

Read and tick

Read the VanillaGoods notes, then tick each key point once you can explain it in your own words.

3

Check and practise

Answer the three questions, compare with the answer key on page 13, then log your bake.

Your lesson plan

	LESSON	VIDEO	WATCHED	QUIZ	PRACTISED
1	**Yeast doughnut dough** Video by CupcakeJemma	12 min	☐	☐	☐
2	**Cutting and proofing** Video by Binging with Babish	8 min	☐	☐	☐
3	**Frying doughnuts** Video by Spicy Foodz	7 min	☐	☐	☐
4	**Vanilla glaze and fillings** Video by Emma's Goodies	7 min	☐	☐	☐
5	**Cinnamon rolls** Video by Bincy Chris	13 min	☐	☐	☐

Tools you'll see

Stand mixer · Instant-read thermometer · Kitchen scale · Mixing bowls · Round cutters · Rolling pin · Parchment paper · Bench scraper · Candy and deep-fry thermometer · Dutch oven · Spider strainer · Cooling rack · Piping bags and tips · Balloon whisk · Sifter · 9×13 baking dish

Any brand works. The lessons show what each tool is for.

Keep track online too

On each lesson page, "Mark complete" saves your progress in your browser, with no account. Finish every lesson and the course page lets you print a free certificate of completion.

Yeast doughnut dough

Video by **CupcakeJemma**: *"The Best Raised Doughnut Recipe EVER! | Cupcake Jemma"*

vanillagoods.com/pages/baking-lesson/homemade-doughnuts-1-yeast-doughnut-dough

Mix a soft, enriched yeast dough for light, fluffy raised doughnuts and let it rise properly.

Key points

- [ ] Warm, not hot, liquid keeps yeast lively
- [ ] The dough should be soft and slightly tacky
- [ ] Let it rise until doubled

Before you start

Yeast works best with liquid around 95–115°F (35–45°C); hotter can kill it. Use an instant-read thermometer rather than guessing. Doughnut dough is enriched with milk, eggs, sugar and fat, which keeps it tender.

Step by step

- Mix the warm milk, yeast and a little sugar, then add eggs, fat and flavorings
- Add flour gradually; stop while the dough is still soft and slightly tacky
- Knead until smooth and elastic, about 5–8 minutes in a mixer
- Cover and let rise until doubled, about 1 to 1 1/2 hours, or refrigerate overnight

VanillaGoods tip

A little vanilla in the dough, plus nutmeg as in this recipe, gives doughnuts that classic bakery aroma.

TOOLS IN THIS LESSON: Stand mixer | Instant-read thermometer | Kitchen scale | Mixing bowls

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 What temperature should the milk be when it meets the yeast?

- (A) Around 95 to 115°F
- (B) Boiling, then poured straight in
- (C) Straight from the fridge

2 When should you stop adding flour to doughnut dough?

- (A) When it is stiff and dry
- (B) While it is still soft and slightly tacky
- (C) When it no longer sticks to anything

3 How far should the dough rise on the first rise?

- (A) About a quarter larger
- (B) Until it collapses
- (C) Until doubled

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Cutting and proofing

Video by **Binging with Babish**: *"Donuts | Basics with Babish"*

vanillagoods.com/pages/baking-lesson/homemade-doughnuts-2-cutting-and-proofing

Roll, cut and proof doughnuts so they puff evenly in the fryer, plus how filled doughnuts and sour cream doughnuts differ.

Key points

- [ ] Roll to an even 1/2 inch
- [ ] Cut straight down without twisting
- [ ] Proof until puffy; overproofed doughnuts soak up oil

Rolling and cutting

- Roll the risen dough to about 1/2 inch thick
- Flour the cutter and press straight down; twisting seals the edges and stunts the rise
- Leave filled doughnuts without holes
- Set each one on its own small square of parchment for easy transfer to the oil

The second proof

Proof cut doughnuts loosely covered until puffy and light, usually 30–60 minutes. Poke one gently: if the dent springs back slowly, they're ready; if it springs back fast, wait; if it stays, they're overproofed.

Watch for

Overproofed doughnuts collapse when they hit the oil and turn greasy. Underproofed ones are dense with a pale ring around the middle.

TOOLS IN THIS LESSON: Round cutters · Rolling pin · Parchment paper · Bench scraper

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 Why press the cutter straight down without twisting?

- (A) Twisting makes the hole too big
- (B) Twisting seals the edges and stunts the rise
- (C) Twisting warms the dough

2 You poke a proofing doughnut and the dent springs back slowly. That means...

- (A) It needs more time
- (B) It is overproofed
- (C) It is ready to fry

3 What happens to overproofed doughnuts in the fryer?

- (A) They collapse and turn greasy
- (B) They puff extra high
- (C) They stay pale with a ring around the middle

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
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WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Frying doughnuts

Video by **Spicy Foodz**: *"Donut Recipe | Homemade Donut Recipe"*

vanillagoods.com/pages/baking-lesson/homemade-doughnuts-3-frying-doughnuts

Fry doughnuts at the right oil temperature so they're golden outside, cooked through and never greasy.

Key points

- [ ] Keep oil at 350–365°F
- [ ] Fry a few at a time so the temperature holds
- [ ] Drain on a rack, not paper

Oil temperature

Heat 2–3 inches of neutral oil in a heavy pot to 350–365°F (175–185°C) and clip a thermometer to the side. Too cool and the doughnuts absorb oil; too hot and they brown before the inside cooks.

Step by step

- Lower doughnuts in gently, a few at a time
- Fry about 1 minute per side for yeast doughnuts, until golden
- Flip once with a spider or chopsticks
- Let the oil return to temperature between batches
- Drain on a wire rack set over a sheet pan

Safety

Never leave hot oil unattended, keep a lid nearby to smother any flare-up, and never add water to hot oil.

TOOLS IN THIS LESSON Candy and deep-fry thermometer · Dutch oven · Spider strainer · Cooling rack

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 What oil temperature is right for frying doughnuts?

- (A) 300 to 320°F
- (B) 350 to 365°F
- (C) 400 to 425°F

2 Why fry only a few doughnuts at a time?

- (A) So they do not stick together
- (B) So they brown faster
- (C) So the oil temperature holds

3 Where should fried doughnuts drain?

- (A) On a wire rack over a sheet pan
- (B) On paper towels
- (C) In the pot with the heat off

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Vanilla glaze and fillings

Video by **Emma's Goodies**: *"Melt In Your Mouth Vanilla Custard Cream Donuts Recipe !"*

vanillagoods.com/pages/baking-lesson/homemade-doughnuts-4-vanilla-glaze-and-fillings

Fill doughnuts with a silky homemade vanilla custard, and finish the rest with a classic glossy vanilla glaze.

Key points

- [ ] Cook the custard until thick, then chill it fully before piping
- [ ] Fill through the side with a long piping tip
- [ ] Glaze doughnuts while still warm for a thin, shiny shell

Vanilla custard filling

- Heat milk with sugar, then whisk in eggs and cornstarch and cook, stirring, until thick and glossy
- Take it off the heat and stir in vanilla
- Press plastic wrap onto the surface and chill completely before filling
- Poke a hole in the side of each unholed doughnut and pipe in custard until it feels heavier

Vanilla glaze

- Whisk powdered sugar with milk and vanilla until smooth and pourable
- Dip warm (not hot) doughnuts and let the excess drip off
- Set on a rack for 5–10 minutes until the glaze firms; dip again for a thicker coat

VanillaGoods tip

Custard and glaze are both mostly sugar and dairy, so the vanilla really comes through. Use pure extract, or scrape a bean into the milk for visible specks.

TOOLS IN THIS LESSON: Cooling rack | Piping bags and tips | Balloon whisk | Sifter

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 **Before piping custard into doughnuts, the custard should be...**

- (A) Warm so it flows
- (B) Thinned with milk
- (C) Cooked until thick, then chilled completely

2 **Doughnuts should be glazed while they are...**

- (A) Warm, not hot
- (B) Still hot from the fryer
- (C) Completely cold

3 **How do you know a filled doughnut has enough custard?**

- (A) The glaze cracks
- (B) It feels noticeably heavier
- (C) It changes color

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
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WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Cinnamon rolls

Video by **Bincy Chris**: *"Quick and Easy Homemade Cinnamon Rolls Recipe / Soft and fluffy Cinnamon rolls in 4 simple steps"*

vanillagoods.com/pages/baking-lesson/homemade-doughnuts-5-cinnamon-rolls

Turn a soft, enriched dough into fluffy cinnamon rolls with a buttery brown-sugar filling and a vanilla cream cheese icing.

Key points

- [ ] Use very soft butter so the filling spreads easily
- [ ] Roll tightly and cut with floss for neat spirals
- [ ] Bake until golden and about 190°F in the center

Filling and rolling

- Roll the risen dough into a rectangle about 1/4 inch thick
- Spread soft butter edge to edge, then sprinkle brown sugar and cinnamon
- Roll up tightly from the long side and pinch the seam
- Cut 1 1/2-inch rolls with unflavored dental floss or a sharp knife

Baking

Arrange in a buttered pan, cover and let rise until puffy and touching, 30–60 minutes. Bake at about 350–375°F until golden and an instant-read thermometer reads about 190°F in the center roll.

Icing

Beat cream cheese, butter, powdered sugar and vanilla, then spread over warm rolls so it melts into the spirals.

TOOLS IN THIS LESSON: 9×13 baking dish · Rolling pin · Instant-read thermometer · Stand mixer

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 Why should the butter for the filling be very soft?

- (A) So it browns in the oven
- (B) So it spreads edge to edge without tearing the dough
- (C) So the sugar dissolves

2 What is the neatest way to cut the rolls?

- (A) A serrated bread knife, sawing
- (B) Kitchen scissors
- (C) Unflavored dental floss or a sharp knife

3 Cinnamon rolls are baked through when the center roll reads about...

- (A) 190°F
- (B) 150°F
- (C) 230°F

Practice log

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WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

ANSWER KEY

Check your answers

One correct answer per question. If you missed one, the note explains why, and the lesson page has the full notes and the video.

1. Yeast doughnut dough

1 **A** Yeast works best with liquid around 95 to 115°F; hotter can kill it, so use a thermometer instead of guessing.

2 **B** Stop while the dough is still soft and slightly tacky; too much flour gives heavy doughnuts.

3 **C** Cover and let the dough rise until doubled, about 1 to 1 1/2 hours, or refrigerate it overnight.

2. Cutting and proofing

1 **B** Twisting the cutter seals the cut edges, so the doughnut cannot rise as well.

2 **C** A slow spring-back means ready; a fast spring-back means wait, and a dent that stays means overproofed.

3 **A** Overproofed doughnuts collapse when they hit the oil and soak it up; the pale ring is the sign of underproofing.

3. Frying doughnuts

1 **B** Keep the oil at 350 to 365°F: cooler and the doughnuts absorb oil, hotter and they brown before the inside cooks.

2 **C** A crowded pot drops the oil temperature, so fry a few at a time and let the oil come back up between batches.

3 **A** A wire rack lets oil drip away on all sides; paper towels trap it against the doughnut.

4. Vanilla glaze and fillings

1 **C** Cook the custard until thick and glossy, press plastic wrap onto the surface and chill it completely before filling.

2 **A** Dip warm, not hot, doughnuts so the glaze sets into a thin, shiny shell; dip again once it firms for a thicker coat.

3 **B** Pipe custard through a hole in the side until the doughnut feels heavier in your hand.

5. Cinnamon rolls

1 **B** Very soft butter spreads easily over the whole rectangle before the brown sugar and cinnamon go on.

2 **C** Floss pulled under and crossed over the log cuts clean 1 1/2-inch spirals without squashing them.

3 **A** Bake at about 350 to 375°F until golden and an instant-read thermometer shows about 190°F in the center roll.

WHEN YOU'VE FINISHED

Three things to do next

1

Mark each lesson complete

The "Mark complete" button on every lesson page saves your progress in your browser. No account, nothing to sign up for.

2

Print your certificate

Once all 5 lessons are marked complete, the course page prints a free certificate of completion with your name on it. It records what you finished; it is not an accredited qualification.

3

Bake it

Practice with VanillaGoods recipes that use what this course teaches.

vanillagoods.com/pages/recipes?q=doughnut

NEXT ON THE LEARNING PATH

Chocolate Essentials

Intermediate · Tempering, ganache, caramel

vanillagoods.com/pages/baking-course/chocolate-essentials

Free guide for this course: “Frying temperature guide”, Oil temperatures and times for yeast doughnuts, cake doughnuts and fritters. Get it from the course page.

Baking with real vanilla? VanillaGoods keeps Madagascar, Uganda and Tahiti vanilla in stock, along with coffee and tea, at vanillagoods.com.

✧ Key points from every lesson

1. Yeast doughnut dough

- Warm, not hot, liquid keeps yeast lively
- The dough should be soft and slightly tacky
- Let it rise until doubled

2. Cutting and proofing

- Roll to an even 1/2 inch
- Cut straight down without twisting
- Proof until puffy; overproofed doughnuts soak up oil

3. Frying doughnuts

- Keep oil at 350–365°F
- Fry a few at a time so the temperature holds
- Drain on a rack, not paper

4. Vanilla glaze and fillings

- Cook the custard until thick, then chill it fully before piping
- Fill through the side with a long piping tip
- Glaze doughnuts while still warm for a thin, shiny shell

5. Cinnamon rolls

- Use very soft butter so the filling spreads easily
- Roll tightly and cut with floss for neat spirals
- Bake until golden and about 190°F in the center

The lesson videos are by independent creators (CupcakeJemma, Binging with Babish, Spicy Foodz, Emma's Goodies and Bincy Chris) and play in YouTube's own player on the lesson pages; this workbook links to them and copies nothing. Notes, key points, questions and this workbook are written by VanillaGoods for home bakers.

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