



Korean Doughnuts (Hoedduck)

Featured on June 8th, 2018 for “Exploring the South” demo with Chef Edward Lee

“The Korean doughnut and the New Orleans beignet are distant cousins with the same purpose – to put a smile on your face. The dough for these doughnuts contains a lot of rice flour, which gives them a crispier crust than the typical American doughnut... These are panfried, and they are best eaten right out of the pan while still warm and crisp.” – Edward Lee, Buttermilk Graffiti: A Chef’s Journey to Discover America’s New Melting-Pot Cuisine

Korean Doughnuts – Hoedduck

2 cups warm water (112 F)
4 tablespoons white sugar
4 teaspoons dry active yeast
2 teaspoons salt
2 tablespoons vegetable oil

3 ¼ cups all-purpose flour
1 ¼ cups rice flour
3 tablespoons of sugar
1 cup of all-purpose flour for kneading the dough

Filling

1 cup chopped cashews
4 tablespoons black sesame seeds
½ teaspoon black pepper
1 teaspoon cinnamon
5 tablespoons dark brown sugar
5 tablespoons unsalted butter, softened

6 tablespoons vegetable oil
4 tablespoons honey

Directions

In a medium size mixing bowl add water, sugar, yeast, salt and oil. Stir well. Let the yeast activate for 10 minutes in a warm place.

Sift all dry ingredients together in a large bowl. Add to the wet ingredients to this. Mix with a spatula or by hand till well combined. Cover with cling wrap and let dough sit at room temperature for 1 hour or until doubled in size.

Remove the dough from the bowl onto a work surface dusted with AP flour. The dough will be very wet. That is okay. Dust with just enough flour so that you can handle the dough without it sticking to your fingers.

Divide the dough into 12 even rounds. Let the dough sit at room temperature while you make the filling.

Combine the cashews, sesame seeds, black pepper, cinnamon and brown sugar into a bowl and mix well. Add the softened butter and work it gently into the mixture.

Take each ball of dough and flatten out gently with your hand. Add about 2 tablespoons of filling to each dough round. Fold the corners inward to close the doughnut and seal the seams by gently pressing with your fingers. Remember to flour your hands a lot so the dough doesn't stick to you. Heat a nonstick pan to medium heat then add 1 tablespoon of vegetable oil. Place one doughnut into the pan and pan fry for 2 minutes. Flip and continue to cook the other side for another 2 minutes, gently flattening the doughnut with the back of your spatula. Flip once more and cook for another minute making sure the sides are cooked and the top is nicely browned.

Remove from pan to a paper towel lined resting rack. Repeat with the remaining doughnuts, adding more oil as it gets low. Serve warm with a light drizzle of honey.



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