

Jelly or Cream Doughnuts
Soofganiot or Pirashkee

Soofganiot are jelly doughnuts traditionally eaten during the holiday of *Chanuka*. *Soofganiot* are golden dough on the outside with delicious jam filling inside. The reason these are eaten during *Chanuka* is because they are fried in oil, thereby commemorating the miracle of the oil and the menorah. It is brought down that Adam and Eve received a *soofganiah* as they were leaving the Garden of Eden. The word *soofganiah* is a combination of three Hebrew words: *soof* (end) *gan* (garden) *iah* (G-d), which loosely means, “the end of the Garden of G-d.” Some say that it was a message from G-d to teach us that even though life on earth might seem plain and bumpy on the outside, there is plenty of sweetness inside, we just have to “dig” deep enough to get to it.

Persians have a delicious dessert called *pirashkee* that is nothing less than a doughnut filled with custard. I provide you with the custard recipe here if you want to make this delicious version of a *soofganiah*.

Yeast mixture

½ cup warm water

2 envelopes active dried yeast (4½ teaspoons active dry yeast)

1 teaspoon sugar

Dough

1 stick unsalted *parve* margarine at room temperature (8 tablespoons)

¼ cup sugar

2 teaspoons salt

¼ cup water

2 large eggs

2 tablespoons brandy

4¼ cups flour, divided

4 cups canola oil, for frying

Filling (your choice)

strawberry jelly

raspberry jelly

chocolate spread

custard (*parve* or dairy)

Garnish

powdered sugar

1. To make the yeast mixture: In a small bowl combine the warm water, active dry yeast, and sugar. Cover and set aside.
2. In a stand mixer fitted with a flat paddle attachment, combine margarine, sugar, salt, water, eggs, brandy, and 2 cups flour. Mix well. Add the yeast mixture and remaining 2¼ cups flour. Mix until uniform, pliable dough is formed.

3. Transfer dough to a piece of parchment paper (12"x17") and flatten with a rolling pin to 1-inch thickness. Cover with plastic wrap and set aside to rise for 1 hour.
4. In a 6-quart saucepan, heat the canola oil to fry the *soofganiot*. The oil is ready when a candy thermometer reads 350°F.
5. Using a 2-inch circular cookie cutter, cut circles of dough. Drop dough into the hot oil and fry each side until brown. Remove from the oil, using a slotted spoon, and place into a colander. Set aside to cool.
6. Once cooled, inject your choice of jelly into the *soofganiah* using a squeeze bottle or a pastry bag fitted with a long filling tip. Sprinkle generously with powdered sugar.

Yield: about 20 soofganiot

Vanilla Pastry Cream (dairy custard)

This recipe is to fill Persian *pirashkee*. My mother-in-law loves this! It was her idea to fill *soofganiot* with this delicious cream. In my country we also have a version of *pirashkee* called *bomba*, which in Spanish means *bomb*! I guess that refers to the fact that eating too many of these is equivalent to bombing your scale! This is my mother's recipe for *crema pastelera* (dairy custard). It is super-easy to make and absolutely delicious! You might just want to forget filling any doughnut and simply eat it all alone! You can make this cream low fat using low-fat condensed and regular milk. I measure the milk using the same can the condensed milk came in...one less thing to wash!

1 (14-oz) can condensed milk

1 cup milk

1 teaspoon vanilla extract

2 egg yolks

5 teaspoons corn starch

1. In a medium nonstick saucepan, combine all ingredients. Bring to a boil.
2. Cook for 1 minute, mixing constantly, until it starts to bubble and thicken.
3. Cool to room temperature before using.

Yield: 2 cups

Recipe from ["Persian Food from the Non-persian Bride: And Other Sephardic Kosher Recipes You Will Love"](#) by Reyna Simnegar, published by Philipp Feldheim (March 1, 2011).