
KLONDIKE SOURDOUGH NUGGETS

THE YUKON VERSION OF A BEAVER TAIL CROSSED WITH A BEIGNET — ORIGINAL RECIPE BY CHEF CAT

INGREDIENTS

- 1 cup (250ml) 1898 Sourdough Starter – active and bubbling*
- 1/2 cup (125ml) warm milk
- 2 Tbsp (30ml) butter, melted
- 1/4 cup (60ml) water
- 2 Tbsp (30ml) sugar
- 1/2 tsp (3ml) vanilla
- 3/4 tsp (4ml) sea salt
- 1 large egg
- 2 cups (275g) All Purpose Flour + 1/2 cup (70g) held aside until end of mixing
- 2 Tbsp (30ml) cracked wheat (sub ground flax seed if necessary)

- *1/2 tsp instant yeast **if using sourdough starter that is old and no longer active**, but very sour in flavour. The longer you leave your sourdough starter on the counter to ferment the more sour it gets, but in turn, the less leavening power it will have.

- Neutral flavoured oil for frying (such as grapeseed or canola)

METHOD

1. Melt butter and warm milk to just above body temperature. It should feel warm, not hot. Add the water (cold) to the milk/butter mixture (if necessary) to cool it or likewise, warm water to the mixture to warm it.
2. Dissolve sugar and salt in the warm liquid milk/butter/water mixture. Add vanilla. Test with your finger to ensure the liquids are not too hot for the sourdough starter.
3. Stir sourdough starter into the warm liquids. ***add instant yeast if necessary.** Pour this mixture into the bottom of the mixer bowl. Add egg. Add 2 cups of flour and cracked wheat on top of the liquids.
4. Mix with paddle attachment for several minutes on medium speed until the dough is smooth. Dough will be very sticky and resemble a thick batter. This is exactly what you want.
5. Switch to a dough hook. With mixer on medium high speed, gradually sprinkle in the remaining 1/2 cup of flour, a small portion at a time, waiting until the flour is absorbed by the dough before adding more. The dough will become much tighter and pull away from the sides of the bowl but still remain quite sticky in comparison to regular donut dough. Continue until all the flour has been incorporated into the dough.
6. Let mixture rest, covered at room temperature until doubled in size.
7. At this point, the dough may be refrigerated for up to 7 days or more. The longer the dough sits, the more moisture the cracked wheat will absorb. It's delicious but often people mistake the swelled wheat for chopped nuts.



8. As the dough sits in the fridge it will continue to ferment and the sour taste will intensify. After 7-10 days it becomes very sour and some may find that flavour off-putting. These are 'sourdough' donuts after all.
9. If the dough is cold, remove from fridge and allow to warm for 1 hour at room temperature before proceeding. If using the dough soon after mixing, wait until it has proved double its bulk and then continue.
10. Heat oil to 375°F/190°C. I use a cast iron pot to deep fry so the temperature remains more consistent. I use about 2-3" of canola oil in the pot to fry.
11. Pinch or cut small golf-ball sized nuggets of dough from the main dough ball. Gently pull and flatten each ball with greased fingers into thin disk. To obtain a donut that is light and hollow inside **STRETCH EACH PIECE OF DOUGH** to pull the gluten so it puffs up when fried. Working in batches, stretch the dough and fry the stretched dough as you work your way through the full batch. Remember, you can put what you don't use in the fridge and it will only get more sour as the days go by.
12. Fry nuggets until golden brown and puffed. Remove from fat and let cool on a rack for a few minutes before tossing into sugar. Cinnamon sugar (about 1 part cinnamon to 10 parts sugar, or to your taste) and a squeeze of lemon is my favourite topping. Enjoy!

Gold Rush Glaze:

- 1/2 cup butter, melted
- 3 cups icing sugar
- 2 tsp vanilla
- 4 Tbsp (1/4 cup) evaporated canned milk to start – make the glaze thin for dipping sauce, thicker for covering a donut so it hardens at room temperature.

Mix all ingredients in a bowl and add more evaporated canned milk until the desired consistency is reached.

This glaze will remind you of a Krispy Kreme donut – it is VERY close to their recipe and I formulated it after a long conversation with a Krispy Kreme employee. Enjoy!

