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How many calories in one krispy kreme donut hole

MADDIE DAY here, writing from north of Boston.I discovered a recipe for roasted spatchcocked chicken a year or two ago. It was originally from the New York Times, but I have adapted it to my own. Now I won't roast a whole chicken any other way, and I even did our Thanksgiving turkey the same way. The breast comes out moist, the dark meat gets thoroughly cooked, and, oh, the crispy skin is so tasty!What is spatchcocking, you might fairly ask? The following is from Etymology Online Dictionary, my favorite site to look up the etymology (history) of a word.spatchcock: in cookery, denoting a method of grilling a game bird after splitting it open along the spine and laying it flat; a word of obscure origin. It originated in Ireland in the late eighteenth century as a noun, referring to the bird thus dispatched, and indeed it may have been based on the verb dispatch, with the addition of cock. Another probable influence is the earlier spitchock, a word of mysterious origin denoting similar treatment meted out to eels and other fish. [Ayto, "Diner's Dictionary"]My dear partner Hugh kindly served as model in the the following photos, but it's not only because I can't work with food and take pictures at the same time. It turns out he's better than I at preparing the chicken for roasting, a job I am happy to cede!Roasted Spatchcock ChickenIngredients1 chicken, 3 1/2 to 4 pounds, patted dry1 tablespoon dark brown sugar (can omit)2 1/2 teaspoons kosher salt1 teaspoon chile powder1 teaspoon sweet or smoked paprika1 teaspoon dry mustard powder1 teaspoon dried oregano1/2 teaspoon ground black pepper1 teaspoon garlic powder1/4 teaspoon ground allspice1 teaspoon garlic powderDirectionsSpatchcock the chicken by using poultry shears, kitchen scissors, or a sharp knife to cut along one side of the backbone until the chicken opens. If you like you can cut along the other side of the backbone and remove it, or leave it attached to roast with the rest of the bird. Open up the bird.Turn it over and place it so it lies flat, breast side up. Press hard onto the center of the breast until you feel a pop, and the breast lies more or less flat.I didn't quite get the shot of him pressing down on the breastbone.In a small bowl, mix together salt, sugar (if you use it), chile powder, paprika, mustard powder, oregano, pepper, garlic powder, and allspice.Gently loosen the skin from the meat. Smear the mixture all over the chicken and under the skin.Lay chicken, skin side up, on a rimmed baking sheet (or plate) and refrigerate uncovered for at least 2 hours and up to 24 hours.Heat oven to 425 degrees. If the chicken isn't on a rimmed baking sheet, transfer it to one. Roast chicken until the juices run clear when the thickest part of the thigh is pricked with a fork (an instant-read thermometer plunged into the thickest part of the breast will read 150), about an hour, depending on the size of the chicken.Remove from oven, cover bird with foil and let rest for 10 minutes before carving. Serve with roasted vegetables and a green salad.Option: toss chunks of onion, potato, sweet potato, bell peppers, or any other vegetables with olive oil and add around the edges of the chicken. Apologies for the glass plate on a patterned tablecloth!Enjoy!Readers: how do you like your chicken prepared?My most recent release is Batter Off Dead, Country Store Mystery #10, out now!My next release is Murder in a Cape Cottage, the fourth Cozy Capers Book Group Mystery.We hope you'll visit Maddie and her Agatha Award-winning alter ego Edith Maxwell on our web site, sign up for our monthly newsletter, visit us on social media, and check our all our books and short stories.Maddie Day (aka Edith Maxwell) is a talented amateur chef and holds a PhD in Linguistics from Indiana University. An Agatha Award-winning and bestselling author, she is a member of Sisters in Crime and Mystery Writers of America and also writes award-winning short crime fiction. She lives with her beau north of Boston, where she's currently working on her next mystery when she isn't cooking up something delectable in the kitchen. Your Recent History Stocks you've viewed will appear in this box, letting you easily return to quotes you've seen previously.Register now to create your own custom streaming stock watchlist. Eggless doughnut recipe or donut with step by step pictures. You too can make soft, light and fluffy with spongy inside donuts at home. Jump to: I had an imagination myself as doughnuts are like our badhusa sweet, ever since I saw it. How silly of me. Later once I tasted doughnut in a breakfast buffet during my holidays. I guess it was custard filled doughnut. It had egg smell and I thought it was under cooked as I have no idea until recently I came to know there is one such thing called custard filled doughnut. I used to avoid doughnuts just because of that experience. But once my co-sis asked me to taste it saying it will be too good. I tried the plain sugar doughnut and it was good, though was not excited at that time. But whenever I remembered it, I wanted to taste again after that. Had couple of times after that in Chennai during my recent trips. In India we get eggless donuts, but here in Singapore, I have never even entered a donut shop. I keep saying I should try, but never knew what to buy or which one will be good. Still, have not bought donuts from a proper shop like Dunkin Donuts, JCO, Krispy Kreme. I myself say let me save myself by staying away from calories. At least one junk food less in the list I eat. Aj also have the same experience about donuts, he started liking only after tasting someone's at Chennai. This year, once I got donuts from a local bakery and did not like it that much as I thought it was having oily smell. So still I try my best to not to buy doughnuts. I wanted to try at home though. Made it today and wanted to blog this basic eggless doughnut recipe. Yeast I have used instant yeast in this recipe. The method/procedure is different from the one if you use active dry yeast. That is, if you are using active dry yeast, use 1 tablespoon of yeast for this recipe. Also, you have to completely dissolve the yeast, sugar in lukewarm milk. Let it be aside for 10 mins, after that, it will froth and rise. Mix melt butter to it and immediately use it in the recipe. Salt, baking powder is mixed with flour. The liquid mixture is used to knead dough. Texture The texture of the doughnut I posted yesterday in instagram. Print Pin Eggless doughnut recipe or donut with step by step pictures. You too can make soft, light and fluffy with spongy inside donuts at home. Servings 12 Doughnuts Cup measurements 1.5 cups all purpose flour maida +more for dusting1/2 cup milk + 3 tbspd 1 tablespoon melted butter1 tablespoon sugar1 teaspoon instant yeast1/4 teaspoon baking powder1/2 teaspoon salt Cook ModePrevent your screen from going dark Take flour, salt, baking powder, yeast, sugar in a mixing bowl. Mix well.Make a dent, add melt butter, warm milk.Mix and make a sticky dough. The dough should be on sticky side but not watery. So adjust milk or flour as needed.Knead for 5 minutes and keep aside in a warm place, covering the bowl with cling wrap/lid.Once the dough is double after rising (will take 1 hour), punch and knead again smoothly. Grease hands to avoid stickiness. I use gloves.In a clean counter top, sprinkle flour and spread out the dough to thick sheet.Using a lid or round cookie cutter, cut out into circles. Use a smaller lid/ cookie cutter to punch hole inside the disc.Work on the remaining dough and repeat to finish the dough using same process.Heat enough oil in a flat bottomed pan and once the oil is hot, drop the doughnuts carefully into the oil. Few per batch depending on the size of pan.The oil should not be fuming hot, just right. So regulate to medium or low heat while frying. Cook both sides until golden in colour. Drain over paper towel. Repeat to finish.When the next batch is cooking, coat the previous batch with fine grain sugar and arrange in wire rack/box.Fry the cut out center part of the dough too and enjoy as doughnut holes. These eggless doughnut keeps good for couple of days at room temperature. 1 week in fridge. I prefer to have it warm

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