

Homemade Blueberry Glazed Donut Holes with Fresh Berry Icing

Blueberry Glazed Donut Holes



OVEN
350°F

TIME
4 to 6 min

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INGREDIENTS

1/3 cup plus 1 tablespoon whole milk
1 1/8 teaspoons active dry yeast
2 tablespoons granulated sugar
1 large egg, room temperature
1 tablespoon unsalted butter, room temperature and cut into pieces
1/2 teaspoon kosher salt
1 1/2 cups all-purpose flour, plus more for the work surface
1/2 teaspoon lemon zest
Canola oil, for frying
8 ounces blueberries
6 tablespoons loose rooibos tea
2 cups confectioners' sugar

DIRECTIONS

1. Activate the yeast: Heat the milk in a small measuring cup until it is just warm to the touch, about 100°F to 110°F. Stir in the yeast and granulated sugar, then let it sit for 4 to 6 minutes until frothy. If it does not froth, start over with fresh yeast.
2. Make the dough: Transfer the yeast mixture to a bowl. Add the egg and whisk to combine, then whisk in the butter and salt. It is fine if the butter stays a little lumpy.
3. Stir in the flour and lemon zest until a dough forms. Using an electric mixer with a dough hook, beat on low speed for 5 minutes. The dough will be sticky.
4. Let the dough rise: Lightly oil a bowl and transfer the dough to it. Cover with a towel and let it rise at room temperature until doubled in size, about 1 to 1 1/2 hours.
5. Shape the donut holes: Lightly oil a large baking sheet. Turn the dough onto a lightly floured surface and dust the top lightly with flour. Roll the dough into an 18-by-1 1/4-inch rope. Cut into 1-inch pieces and roll each one into a ball.
6. Transfer the dough balls to the prepared baking sheet, cover with a towel, and let them rise again until puffed, about 25 to 30 minutes.
7. Fry until golden: Place a wire rack over a baking sheet. Heat the oil in a large saucepan to 350°F to 360°F. Fry the donut holes 3 or 4 at a time for 1 to 2 minutes per side, until golden brown. Transfer them to the wire rack with a slotted spoon and let them cool.
8. Make the blueberry glaze: In a small saucepan, cook

the blueberries, rooibos tea, and 1/2 cup water, mashing the berries as they cook, until the mixture becomes syrupy, about 8 to 10 minutes.

9. Strain the mixture through a wire-mesh strainer lined with cheesecloth and discard the tea solids. Whisk the strained syrup with the confectioners' sugar until smooth.
10. Glaze the donut holes: Dip the tops of the cooled donut holes into the blueberry glaze. Let the glaze set slightly before serving.

SWAPS & NOTES

A few helpful notes can make this recipe easier and more successful.

Milk temperature matters: The milk should feel warm, not hot, so the yeast activates properly.

Sticky dough is normal: This dough is meant to be soft and a little sticky, so avoid adding too much extra flour.

Rooibos tea: This adds depth to the glaze, but the blueberry flavor is still the star.

TIPS FOR SUCCESS

Use a thermometer for both the milk and the frying oil if possible.

Yeast dough is much easier to manage when temperatures are right, and frying at the correct temperature makes all the difference in

texture.

The dough needs time to develop flavor and become airy, which is what gives these donut holes their soft interior.

When glazing, let the donut holes cool first so the glaze does not melt right off.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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