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*How to make Donuts*

Take one english pint of flour take 3 eggs taking out 2 of the yolks, beat it with suggar, till they be like a thin sirup grate a little ginger, & 2 or 3 cloves & nutmug among it, take as much butter as eggs, & as much milk as eggs and butter both, put the butter & milk to the boyll together, then pour it in among the flour, stirring it with a spoon, then put in the eggs still working it up like paste, roull it out with a roulling pin, like a cake, cut it in what form ye please, have a pan boylling with a good deall of butter, so putting them in the boylling butter little & little, let them boyll till they be crisp, then take them out if ther be butter enough to color them ye may put in & take out till the butter be quite broun.

Christian Barclay manuscript, 1697-1723

Special thanks to Marissa Nicosia at Cooking in the Archives at [rarecooking.com](http://rarecooking.com) for the original recipe.

**Adaptation**

1 cup butter, divided (see notes)  
1 cup milk  
1 whole egg  
2 egg whites  
1/3 cup sugar  
Fresh ginger, about 1" grated on a microplane  
½ tsp ground cloves  
½ tsp grated nutmeg  
2 ½-3 cups flour, plus more for board  
Cinnamon and sugar to dust, if desired

1. In a saucepan, heat the milk and half of the butter over medium-low heat, until the butter is just melted. Alternatively, in a microwave-safe bowl, heat the milk and butter in 30 second bursts until the butter is just melted.
2. In a medium bowl, mix the whole egg, egg whites, and sugar. Add the ginger, cloves, nutmeg, and flour and stir to combine.
3. Add the milk mixture to the flour mixture. The dough will be very soft. Using your hands, pat the dough out to about ½" thick, adding more flour if necessary.
4. Melt the remaining butter over medium-low heat in a small- to medium-size frying pan. You want the butter to come up about halfway up the sides of the donuts which is easier in a smaller pan.

HOME OF *American Rights*

5. Using a round cutter, cut out donuts, dipping the cutter in flour as needed.
6. Turn up the heat on the butter until it is bubbling and add a few of the donuts at a time. Cook until browned, about 1 minute per side.
7. Remove the donuts from the pan with a slotted spoon and put on paper towels to drain.
8. Optional: For a more modern spin, sprinkle with granulated sugar or a mixture of cinnamon and sugar sprinkled on top.

Notes: The original recipe has these donuts fried in butter. You may substitute an oil of your choice for a cleaner, more satisfying frying experience.