

# Old-Fashioned Potato Doughnuts

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Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

**Yield: 2 dozen doughnuts**

*3 tablespoons shortening*

*1 cup sugar*

*1 egg*

*1/4 cup milk*

*1 cup cooked, mashed potatoes*

*3 cups all-purpose flour*

*1 1/2 tablespoons baking powder*

*1/2 teaspoon salt*

*1 teaspoon ground nutmeg*

*1/4 teaspoon ground cinnamon*

*vegetable oil*

*1 cup sugar*

*1 1/2 teaspoons ground cinnamon*

In a bowl, cream the shortening and one cup of sugar. Add the egg and beat well. Stir in the milk and potatoes.

In a bowl, combine the flour, baking powder, salt, nutmeg and 1/4 teaspoon of cinnamon. Add to the potato mixture, stirring well.

Place the dough on a lightly floured surface. Knead lightly. Roll out to a 1/2 inch thickness. Cut with a floured 2-1/2 inch doughnut cutter.

In a deep skillet, heat 3 to 4 inches of oil to 375 degrees. Drop in three to four doughnuts at a time. Cook about 1 minute on each side or until golden brown. Drain on paper towels.

In a bowl, combine one cup of sugar, and 1-1/2 teaspoons of cinnamon. Sprinkle over the donuts.

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Per Serving (excluding unknown items): 3398 Calories; 50g Fat (13.1% calories from fat); 47g Protein; 698g Carbohydrate; 13g Dietary Fiber; 220mg Cholesterol; 3373mg Sodium. Exchanges: 19 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 8 1/2 Fat; 27 Other Carbohydrates.