

Polish Donuts - Paczki

Helen Adamski

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

*3 eggs
1/3 cup sugar
1 1/4 cups milk
2 tablespoons butter
1 teaspoon salt
2 yeast cakes
3 cups flour*

In a saucepan, warm the milk and butter.
Dissolve the yeast in the mixture.

In a bowl, beat the eggs. Add the eggs to the yeast mixture. Mix all together. Let rise until doubled.

Drop by tablespoons into deep hot oil (375 degrees) in a skillet. Fry for about 3 minutes, turning, to brown on all sides.

Per Serving (excluding unknown items): 2269 Calories; 52g Fat (21.0% calories from fat); 71g Protein; 374g Carbohydrate; 14g Dietary Fiber; 740mg Cholesterol; 2744mg Sodium. Exchanges: 19 Grain(Starch); 2 1/2 Lean Meat; 1 Non-Fat Milk; 7 1/2 Fat; 4 1/2 Other Carbohydrates.