

# BOSTON MASSACHUSETTS

Doughnuts have their roots in Middle Eastern cuisine, then moved to Europe and, in the 1700s, they were brought by Dutch settlers to America. Introduced as olietoecken (oil cakes or fried cakes), donuts have become a distinctly American food as well as a passion. The American donut has countless variations: baked or fried, filled or not, cakey or fluffy, with anything from a simple glaze of sugar dusting to ornate and decadent toppings.

Boston is of course known for its signature Boston cream donuts, which were inspired by Boston cream pies. But something you may not know is that this city has the most donut shops in all of the United States! There are about 13,000 independent and chain doughnut shops in the city!

Donuts don't have to be a rare treat though if you make these olive oil donuts with **EVOO from Spain**.

## FOR THE DONUTS

- 1/4 cup **extra-virgin olive oil from Spain**  
(plus extra for the pan)
- 1/8 teaspoon sea salt
- 1/4 cup milk
- 1/4 cup plain or vanilla yogurt
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 cup all-purpose flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg

## FOR THE TOPPING

- 1/4 cup extra-virgin olive oil from Spain
- 1/2 cup sugar
- 1 tablespoon ground cinnamon

## STEP BY STEP

- Preheat the oven to 375 F. Lightly grease and flour a 12-cavity mini donut pan.
- Whisk together the flour, sugar, baking powder, cinnamon, nutmeg, and salt in a bowl.
- Add the wet ingredients and whisk just until the batter is smooth.
- Spoon the batter into your greased doughnut pan, filling to about 2/3 full.
- Bake in for 15 to 18 minutes, or until the doughnuts are puffed and slightly golden, and a tester comes out clean.
- Let cool in the pan for about 5 minutes, then carefully lift the doughnuts out of the pan and place on a wire rack to cool further.
- Pour the olive oil from Spain into a small bowl.
- In a separate bowl, mix together the sugar and cinnamon.
- When the doughnuts are cool enough to handle, quickly dip both sides in the olive oil from Spain, then dip in the cinnamon sugar mixture.
- Transfer to a serving platter and enjoy!