

GUAM PUMPKIN DONUTS WITH FRESH PUMPKIN – single batch

This is the same recipe for pumpkin donuts, or boñelos kalamasa, in my book, *Remember Guam*, except I'm using fresh pumpkin. Fresh pumpkin makes for a more tasty, crispy, and chewy donut...yum! Boñelos kalamasa is excellent on its own though sometimes I do like to coat it with cinnamon and sugar, and powdered sugar.

To cook fresh pumpkin, line a baking tray with a non-stick material like parchment paper. Scrub and clean the outside of the whole kalamasa then wipe dry. Cut it in half. Remove the innards. Sprinkle a little bit of salt over the flesh. Place the pumpkin halves faced down on the parchment paper. Use a small knife to pierce the skin of each half about 10 times. Preheat your oven then bake the pumpkin at 365 degrees for 45 minutes. To check the kalamasa for doneness, use a fork to push on the skin. If it's soft, the pumpkin is done; if not, bake another 15 minutes and check again. Cool for 20 minutes then turn the halves over. Use a spoon to scrape the flesh and place in a bowl. Cool to room temperature then cover and keep in the fridge overnight. The flesh is soft enough that it doesn't need to be pureed.

The next day, freeze in freezer storage containers or bags according to the volume you will need for various pumpkin recipes. A 7-pound pumpkin yields approximately 8 1/3 cups of flesh. The typical canned pumpkin is 15 ounces, or 1 and 2/3 cups.

INGREDIENTS

Set 1

2 cups or about 240 grams all-purpose flour

¾ cup or about 86 grams cake flour

1 tablespoon or 14.4 grams baking powder

Set 2

15 ounces or 425 grams pumpkin puree or 1 2/3 cups

12 ounces or 355 milliliters evaporated milk

1 cup or 201 grams granulated sugar

2 teaspoons or 5.2 grams pumpkin pie spice

1 teaspoon or 2.6 grams cinnamon

2 teaspoons or 10 milliliters vanilla extract

Set 3

Coconut oil for frying or your favorite oil

Set 4

Optional coatings:

½ cup or 100.5 grams granulated sugar mixed with 1 teaspoon or 2.6 grams cinnamon

½ cup or 50 grams powder sugar

Tools: medium bowl, large bowl, whisk, large pot, colander, spider spoon, napkins, baking pan

DIRECTIONS

From set 4, mix the ½ cup of granulated sugar and the 1 teaspoon of cinnamon in a small paper bag. Set aside. Place the ½ cup of powdered sugar into the other paper bag and set aside. Line the baking pan with napkins and set aside.

Fill a pot halfway with oil. Heat the oil just under medium heat.

In a medium bowl, combine the all-purpose flour, the cake flour, and the baking powder.

In a large bowl, whisk together the fresh pumpkin, evaporated milk, sugar, pumpkin pie spice, cinnamon, and vanilla.

Add the dry mixture incrementally into the wet mix. Use one hand to thoroughly incorporate the dry ingredients with the wet ingredients. If your batter is lumpy after mixing, let the batter sit for 15 minutes then use your hand to mix again.

Scoop a small amount of batter into the palm of your dominant hand. Make a circle with your thumb and fingers. Turn your “circled fingers” to drop some batter back into the bowl. This takes a little bit of practice. If you can squeeze the batter out and let the trail of batter fall onto itself in the oil, your donuts have a good chance of turning out round. If not, and the boñelos has a tail, you’ll have crunchy parts to eat. If you prefer, use a small cookie dough scooper.

The oil must be hot enough to cook the inside of the donut in about 10 minutes without burning the outside, depending on your stove. The temperature should be around 330 to 350 degrees Fahrenheit. Or, if you stick a wooden spoon or skewer inside the oil and it sizzles around the wood, it’s ready.

Using one hand, test a mound of batter in the oil. The batter should turn into a puffy ball. The batter may fall to the bottom of the pot but rise as it cooks. It will only stay at the bottom a few seconds. If it sits longer, nudge it loose with the slotted spoon.

Once oil is ready, drop more batter in. Turn the boñelos in the oil to cook and color the boñelos evenly. They should fry to more of an orange-brown than a golden color. Remove one boñelos and tear open to see if it’s done. If so, place all donuts in the colander then on a napkin-lined baking pan. If it’s not cooked, fry a minute or two longer.

Drop three hot donuts into the bag with sugar and cinnamon while the donuts are hot. Fold bag close and shake to coat. Remove boñelos to a plate to continue cooling. Repeat with a few more.

Add three hot donuts to the powdered sugar bag. Fold bag close and shake to coat. Set on plate to cool. Repeat with a few more.

Once you have fried all the donuts, remove the napkins from the baking pan; the boñelos needs some oil for good texture. Plain donuts freeze and reheat well. Freeze in freezer bags and squeeze the air out. When ready to eat, thaw then reheat in the microwave or in an air fryer. Donuts out of the air fryer will be slightly crispy again, and you can coat these in sugar too.

NOTE: I used cake flour to lighten the batter. It gives the boñelos a soft center. You can use just all-purpose flour. It may, however, be a bit dense.

Recipe courtesy Paula Quinene of PaulaQ.com.