

# 2023 HANUKKAH

## The Story of Sufganiyot

*Sufganiyot* are typically jam-filled donuts, though they can be filled with many delicious flavors, creams, or chocolates. During *Hanukkah* in Israel you can find hundreds of *sufganiyot* in dozens of flavors lined up in bakery windows across the country.



Immigration throughout the 20th century brought diverse Jewish communities together in modern-day Israel, and each brought their unique food cultures with them. Fried dough recipes from across the globe have influenced today's *sufganiyot*. They are a celebration of unique cultures and the way these traditions came together, influenced one another, and combined into something new and delicious.

### Why is oil an important part of *Hanukkah*?

Along with latkes, *sufganiyot* are one of the quintessential *Hanukkah* foods because they are fried in oil, reminding us of the *Hanukkah* story.

Around 160 BCE, a small group of Jewish rebels, the Maccabees, defeated the mighty Greek army. Their first task after victory was to rededicate the Ancient Temple in Jerusalem, which the Greeks desecrated.

To rededicate the Temple, the Maccabees needed to light the *menorah*, a seven-branched candelabra, meant to remain lit at all times. They discovered that only a small amount of oil remained in the Temple – just enough to keep the *menorah* lit for one day. It would take over a week for more oil to arrive, but the Maccabees lit the *menorah* with that small amount as they hoped and waited for more oil.



Miraculously, that small amount of oil lasted eight days! Thanks to this miracle of oil, we celebrate *Hanukkah* by lighting a *Hanukkiyah*, a nine-branched menorah, each night of *Hanukkah* while enjoying foods cooked in oil.

Our HMI community, too, is a collection of cultures coming together to create something new. We can navigate the balancing and melding of our diverse backgrounds in part by coming together to celebrate memories and share traditions.

Together, may we all find ways to lean into this season of light, love, and blessings, through traditions that reflect your values and cherished memories.

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# HMI HANUKKAH Throw a Sufganiyot Party!

*Hanukkah* and the winter holidays are a beautiful time to gather with family and friends and indulge in the sweetness of the season. Whether you get donuts from your favorite local bakery, try a fried dough recipe from the Jewish diaspora, or use our hack below – there's no party like a *sufganiyot* party!

## Conversation Starters For Couples from All Backgrounds:

**While you prep and fry the donuts, each person in the group answer:** What is your favorite winter holiday memory or tradition? What is one tradition from your partner's family or heritage that is meaningful to you?

**Fill your donuts with your partner and discuss:** Have we found ways of making the season meaningful for us? What new traditions or rituals have we created together? Are there any we'd like to try out this year?

**Sit with a friend who is not your partner, enjoy your donut(s!), and discuss:** What is something you'd like to learn more about from your own or another tradition related to the winter holidays?

## Sufganiyot Hanukkah Hack (Makes 8-10)

### Ingredients:

- 1 can buttermilk biscuit dough
- Canola oil (for frying)
- 1 cup sugar (white or powdered)
- 1/2 cup jelly (or other filling)

### Materials:

- Cast iron or other heavy bottomed pan
- Candy thermometer (if you have one)
- Slotted spoon or spatula
- Piping bag fitted with a tip or a squeeze bottle

### Directions:

1. Fill pan with 2 inches of canola oil. Heat the oil over medium-high until it reaches 360°F\*.
2. Open can of biscuits, and separate each one. Allow to come to room temperature (about 20 min).
3. Carefully add biscuits to oil, frying in batches with room between them, about 2 minutes per side until golden brown.
4. Using a slotted spoon or spatula, transfer donuts onto a paper towel. Pat off extra oil and coat with sugar.
5. Using a squeeze bottle or piping bag, poke a hole in the top of each donut and fill with jelly or other filling.

**\*No candy/kitchen thermometer?** Stick the end of a wooden spoon into the oil. If bubbles form around the wood and start to float up, your oil is ready for frying. If it is bubbling hard, the oil is too hot; let it cool a bit and check the temperature again.

**Visual learner?** Check out a [how-to video here!](#)

## Sufganiyot from Around the World



Recipes from Europe

**From Germany:** **Pfannkuchen** are flat, pan-fried pastries rolled and filled with tart, sweet fruit jams, similar to a crepe.



The Nosh

**From North Africa:** **Sfenj** are fluffy donuts made from unsweetened, leavened dough, and served with powdered sugar or honey on top.



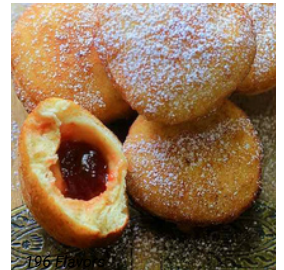
How to My Spoon

**From Romania:** **Papanasi** donuts are made with Romanian cheese and topped with jam, cream, and a small ball of dough.



Living Media

**From Iraq:** **Zengoula**, also known as jalabi or Iraqi funnel cakes, are coiled, crispy treats soaked in a lemon syrup.



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**From Poland:** **Ponchik** are small, deep-fried donut holes, traditionally filled with plum jelly and served with powdered sugar.