

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.



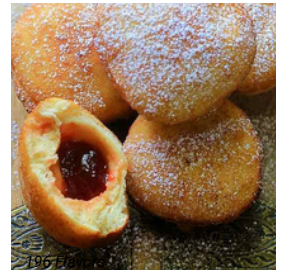
How to My Spoon

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.