



## Brigham Young's Buttermilk Doughnuts

This version of Brigham Young's buttermilk doughnuts has been modernized by Brenda Hopkin, head baker at the Lion House Pantry Restaurant. She halved the recipe, specified the amount of flour and added more butter and soda:

2 cups buttermilk

2 large eggs, beaten

5½ cups flour

1¼ cups sugar

2 teaspoons soda

1 teaspoon salt

1½ teaspoons nutmeg

6 tablespoons melted butter

In a medium bowl stir together all dry ingredients and set aside. Whisk together buttermilk, eggs and sugar. Add melted butter and whisk again. Add dry ingredients and gently stir together — do not use a mixer. Dough will be sticky. Start heating frying oil to 375 degrees. Roll or pat dough on a well-floured board about 1/4 to 3/8 inch thick. Cut with 2 1/2-inch doughnut cutter. Form the scraps into a ball and reroll and cut. (The dough could be cut with a knife or pizza cutter in small squares or rectangles to speed up the process). Fry in hot oil. Doughnuts will start to crack on top when they are ready to turn.

Remove from oil when golden brown. Drain on paper towels. While warm, roll in or sprinkle with granulated sugar as desired. Makes 2 dozen doughnuts.

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**Brigham Young's Buttermilk Doughnuts** (Modernized by Winnifred Jardine in "Famous Mormon Recipes")

This recipe belonged to Emily Dow Partridge Young, wife of Brigham Young and my great-grandmother. Because there was not a great variety of foods, when something was made it was generally made in large quantities and Grandmother Young's recipe was double this size. You may double the recipe or cut it in half and you'll find the doughnuts are as tender and crispy and delicious as anything made out of a modern cookbook. Nutmeg, incidentally, was the chief spice in the early days and was grated tediously by hand over tiny metal nutmeg graters.

2 cups buttermilk

2 large eggs, beaten

1 cup sugar

5 cups sifted flour

2 teaspoons (baking) soda

1 teaspoon baking powder

1 teaspoon salt

1 teaspoon grated nutmeg

¼ cup melted butter or shortening

Combine buttermilk, eggs and sugar and blend well. Beat in sifted dry ingredients. Then stir in melted butter. Roll or pat dough on floured board about 1/4 inch thick and cut with 2 1/2-inch doughnut cutter. Fry in hot fat (375° F) till golden brown on both sides. Drain and sprinkle with sugar as desired. Makes two dozen doughnuts.

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**Brigham Young's Doughnuts** (Naomi Young Schettler's version)

"Brigham Young's Doughnuts," Ensign, Feb. 1976, p. 62

This original recipe for buttermilk doughnuts was contributed by Sister Naomi Young Schettler, a granddaughter of Brigham Young. It was first made by Emily Partridge Young, Sister Schettler's grandmother. A favorite with President Young, the doughnuts became so popular that they eventually were sold at the Zion's Cooperative Mercantile Institution department store in Salt Lake City.

1 quart buttermilk

2½ cups sugar

4 eggs

6 tablespoons butter

3 teaspoons nutmeg

1 teaspoon baking soda

½ teaspoon baking powder (Baking powder should be omitted for a more authentic version)

1 teaspoon salt

flour

lard

Combine ingredients, kneading in enough flour to make a soft dough, not too sticky. Roll out and cut into doughnuts. Fry in deep, hot lard.

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