



STRAWBERRY MOCHI DONUTS

Ichigo Mochi Donuts

50 MIN • ADEPT • ASIAN, DESSERTS



INGREDIENTS

FOR THE DONUTS

- 140g glutinous rice flour (mochiko)
- 120g all-purpose flour
- 170g silken tofu
- 120g whole milk yogurt
- 60g granulated sugar
- 1 tsp baking powder
- 3 tbsp freeze-dried strawberry powder
- Neutral oil with a high smoke point (canola or vegetable), for frying

FOR THE WHITE CHOCOLATE GLAZE

Thick, matte finish

- 100g good-quality white chocolate, chopped
- 2 to 3 tbsp whole milk
- 1 tbsp freeze-dried strawberry powder (optional)

FOR THE SUGAR GLAZE

Sheer, translucent finish

- 150g powdered sugar (icing sugar)
- 2 to 3 tbsp milk or water
- 1 tsp freeze-dried strawberry powder (optional, for colour)

INSTRUCTIONS

STAGE 1: MAKE THE DOUGH

1. Mash the silken tofu thoroughly with a fork or blend it until completely smooth. Add the yogurt and mix well.
2. Add the glutinous rice flour, all-purpose flour, sugar, baking powder, and strawberry powder. Mix until a dough forms.
3. Knead the dough by hand on a clean surface for about 5 minutes until smooth and uniform. The dough should be soft and slightly tacky. If it feels too dry, add a little yogurt; if too wet, add a little flour.

STAGE 2: SHAPE THE DONUTS

1. Roll the dough into a long log and divide it into 8 equal portions, then divide each portion into 8 smaller pieces.
2. Roll each small piece into a smooth ball. Arrange 8 balls into a ring, pressing them together gently, and use a knife or chopstick to bridge the gaps so the donut holds together as one piece.
3. Place each shaped donut on a small square of parchment paper, which makes it easy to lower them into the oil without disturbing the shape.

STAGE 3: FRY

1. Heat oil in a deep saucepan to 170°C (340°F).
2. Lower each donut into the oil by holding the parchment paper and sliding it in. The donut will sink together with the paper. Wait about 2 minutes until it floats to the surface.
3. Once floating, fry for another 3 minutes, then flip by gripping the parchment with tongs. The paper releases on its own once the donut is partially cooked.
4. Fry the second side for another 3 minutes until golden brown. The donuts keep cooking slightly after you remove them, so do not rush.

STAGE 4: GLAZE AND DECORATE

1. Transfer the fried donuts to a wire rack to drain. Skip paper towels, the rack keeps the crust crisp by letting air circulate underneath.
2. Let them cool for 15 minutes until just warm before glazing.
3. Sugar glaze (translucent, light finish): sift the powdered sugar into a bowl. Add milk or water one tablespoon at a time, stirring until smooth and slightly thick enough to coat the back of a spoon. Add strawberry powder if using. Dip each warm donut face-down, let the excess drip off, and set on the rack for 5 minutes.
4. White chocolate glaze (thick, matte finish): melt the white chocolate with the milk over a pot of simmering water, stirring gently until smooth. Stir in strawberry powder if using. Cool for 2 to 3 minutes until slightly thickened, then dip each donut face-down and place on the rack to set.

NUTRITIONAL VALUE

Per 1 donut (approx. 85g, sugar glaze version):

~220 kcal

CALORIES

9g

TOTAL FAT

30g

CARBOHYDRATES

4g

PROTEIN



LANTERN KITCHEN STORIES