



Bolas de Berlim - Cream Filled Berlin Style Doughnuts

By Jeremiah Duarte Bills

“*Olbaaaaaaa Berliiiiiiiiiim!*” This is what you will hear on the beaches of Portugal where this dessert is so often enjoyed. Served with or without cream (*com creme ou sem creme*) it is a decadent treat! It is named for the Berliner style doughnut a relative of the German *Pfannkuchen*. It is said to be brought to Portugal by Jewish immigrants. The Portuguese version is larger and sliced almost in half and filled with the cream exposed which allows for more filling. The dough is lightly flavored with lemon and the filling is often *creme de ovos* (egg yolk cream) or *creme pasteiro* (pastry cream). These days you’ll will also find inventive versions such as chocolate or carob doughs and fillings made with fruit or chocolate. A passion fruit filling is one of my favorites!

Dicas (tips):

- These are brioche style doughnuts. You are welcome to substitute any brioche recipe that you love in place of mine.
- I recommend making the filling or fillings the day before so they have time to chill before making the *bolas*.

Recheios (fillings):

- I’ve included recipes for *creme de ovos* which is a rich version of *doce de ovos* (traditional egg yolk cream). I’ve also included a *creme pasteiro* (pastry cream) recipe. You’re welcome to use other types fillings as well including ganache, jams etc. You’ll need around 2 1/2 to 3 cups of filling.

Equipment:

- Stand mixer fitted with the dough hook
- Digital thermometer
- Large heavy bottom pan (such as a dutch oven) or a deep fryer
- Rubber spatulas
- Whisk

- Digital scale (not required but highly recommended)
- Medium saucepan
- Bowls
- Parchment paper
- Paper towels
- Tongs or spider to remove the *bolas* from the oil
- Fine mesh sieve
- Piping bag and star tip (optional)

Makes 15 filled doughnuts

Fermento (sponge):

30 grams (1/8 cup) warm water (105F/41C to 110F/43C)
2 tsp instant yeast
1 tsp sugar

Massa (dough):

350 grams (2 + 1/2 cups) unbleached all-purpose flour
50 grams (1/4 cup) sugar
1/2 tsp fine sea salt
65 grams (5 tbsp) unsalted butter
160 grams (2/3 cup) whole milk
50 grams (1 large) egg
1 tbsp *aguardente* (you may use Brandy or any alcohol of your choice. You may also use more milk)
1/2 lemon, zested

Para fritar (for frying):

Vegetable oil for frying (you need enough to fill your pan with about 3 inches of oil)

Para polvilhar (for coating):

Granulated sugar or powdered sugar

Creme de ovos (egg yolk cream):

177 grams (3/4 cup) water
475 grams (2 cup + 1/4 cup + 1/8 cup) sugar
1 cinnamon stick (optional)
2 to 4 strips of lemon peel (optional)
388 grams (20 to 22 large) free range organic egg yolks, as fresh as possible
2 tbsp + 2 tsp cornstarch
1/4 + 1/8 tsp fine sea salt
46 grams (3 1/2 tbsp) unsalted butter

Creme pasteleiro (pastry cream):

515 grams (2 cups + 1 tbsp) whole milk
1 lemon, peeled (optional)
1 cinnamon stick (optional)
112 grams (6 large) egg yolks
1/4 tsp fine sea salt
40 grams (4 tbsp) cornstarch
135 grams (2/3 cup) sugar
56 grams (4 tbsp) unsalted butter

Massa (dough):

1. Mix the sponge ingredients in a small bowl. Set aside until it doubles in volume.
2. Melt the butter in a small sauce pan. Once the butter is melted add the milk. The heat of the butter will help warm the milk.
3. Combine all the dough ingredients with the sponge and butter mixture in a stand mixer fitted with the dough hook attachment.
4. Beat on medium speed for 10 minutes or until the dough passes the window pane test.
5. Place in a greased bowl and set aside to rise until doubled around 45 to 90 minutes depending on the temperature of your kitchen.
6. Divide dough into 15 pieces each weighing 50 grams/1 3/4 ounces each.
7. Form each piece of dough into a ball and using your hand roll the ball on the counter to enforce the shape.
8. Place balls on a parchment lined baking sheet. Cover with plastic wrap or a towel and allow to rise for another 45 to 90 minutes or until they double in size.
9. Heat several inches of oil to 325F/160C in a large heavy bottom pan. The oil needs to be deep enough, so the balls do not touch the bottom of the pan.
10. Fry the balls 2 1/2 to 3 1/2 minutes per side. You do not want them to become too dark, but you also want them to cook through. Check your first one to make sure it is cooked and adjust your timing and or temperature if needed. Their internal temperature should be around 190F to 200F (88C and 93C) when fully cooked.
11. Drain the cooked *bolas* on paper towels and then roll in sugar while they are warm but not hot. If you prefer to sprinkle them with powdered sugar wait until they are cooled and filled before sprinkling.
12. Once they are completely cooled cut each *bola* almost in half leaving the top and bottom still connected or create a deep pocket.
13. Pipe in the filling of your choice using a star or round tip and serve immediately. I find it best to fill them to serve to prevent a loose filling from soaking into the doughnut.
14. Unfilled doughnuts can be stored at room temperature covered. Fill them as needed. Store fillings in the refrigerator.

Creme de ovos (egg yolk cream):

1. Bring the water, sugar, optional cinnamon stick and lemon peel to boil over medium to medium-high heat in a medium saucepan stirring constantly. Stop stirring once the

mixture comes to a boil. Boil until the syrup reaches 233F/112C. Remove from the heat and allow to cool slightly.

2. In a medium bowl whisk the eggs yolks, cornstarch and salt together.
3. Slowly whisk the syrup into the egg yolk mixture whisking constantly.
4. Return the mixture to the saucepan and heat on medium heat whisking constantly until the mixture thickens. Allow to simmer for 1 minute to cook the starch. Remove from the heat. Stir in the butter
5. Strain through a fine mesh strainer. Cover and allow to cool completely before using.

Creme pasteleiro (pastry cream):

1. Heat the milk, optional lemon peels and cinnamon stick in a medium saucepan until hot but not boiling.
2. Whisk together the egg yolks, sugar, salt and cornstarch. Do not allow the sugar to sit unmixed with the yolks.
3. Once the milk is hot slowly pour into the egg mixture whisking constantly.
4. Pour back into saucepan and cook on medium heat constantly whisking until thick. It will go through a curdled looking stage but keep stirring until smooth. Allow to bubble for 1 additional minute to fully cook the starch.
5. Strain through a fine mesh strainer into a clean bowl and stir in the butter.
6. Place plastic wrap directly on the surface of the pastry cream and place in the refrigerator until chilled.
7. Once the pastry cream is chilled you may need to whisk it once more.

