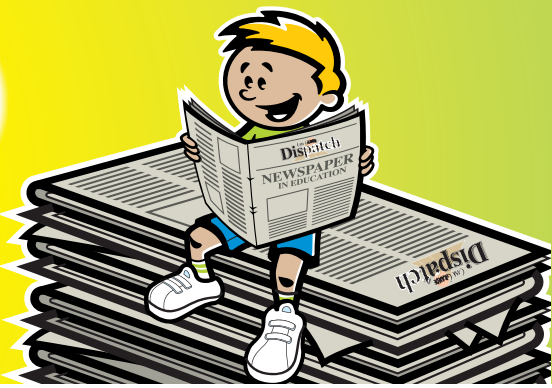


# KEEPING STUDENTS WELL INFORMED AT HOME DURING SUMMER VACATION



## WORLD OF WONDER Exploring the realms of history, science, nature and technology

# DOUGHNUTS

They are not very good for you, but they certainly are delicious. These tasty treats are typically made with a sweetened dough, then deep-fried and topped with icing or decorative candy. Many doughnuts have the traditional hole in the center, while others are filled with jelly, custard or cream. Doughnuts can also be shaped into balls, long bars or twisted shapes.



### In a word

How the **doughnut** got its name is a bit of a mystery. Some researchers believe the name refers to “dough knots” — the shape of early doughnuts. Others suggest the name refers to a time when nuts were placed inside the ball of dough as a solution to an uncooked center. The “doughnuts” versus “donuts” debate may have kept you up at night, but “doughnut” is the proper and traditional form. The more recent word “donut” has become accepted and is a playable Scrabble word. Older dictionaries only use “doughnut,” but the 2021 Merriam-Webster’s Dictionary lists “donut” as a variant of “doughnut.”

### The basics

Popular around the world, doughnuts are usually deep-fried from a yeast-leavened dough. Other types of batters and a variety of toppings and flavorings (such as sugar, chocolate or maple glaze) are also made. Doughnut ingredients may include water, leavening, eggs, milk, sugar, oil, shortening, and natural or artificial flavors.

Doughnuts can be homemade or purchased from bakeries, doughnut shops, supermarkets or specialty vendors.

Doughnuts are often enjoyed with a hot cup of tea or coffee, or a glass of milk.

### Practical holes

According to legend, in 1847, an American named Hansen Gregory invented the doughnut hole. Unhappy with how his fried cakes were always doughy and greasy in the middle, he decided to punch a hole in the middle of the raw dough so that it would cook evenly all the way through.

Today, most commercial doughnuts are squirted into a ring shape, directly into the hot oil (no hole punch needed).

### A sampling of doughnut types

If you love doughnuts, you probably know many of the popular varieties. See how many you can identify.



### Key

- |                 |                   |
|-----------------|-------------------|
| 1 Coconut       | 10 French cruller |
| 2 Crumb cake    | 11 Glazed         |
| 3 Glazed twist  | 12 Sugar          |
| 4 Ube           | 13 Chocolate      |
| 5 Strawberry    | 14 Jelly-filled   |
| 6 Baked         | 15 Doughnut holes |
| 7 Blueberry     | 16 Long john      |
| 8 Old-fashioned | 17 Bear claw      |
| 9 Boston cream  |                   |

SOURCES: *World Book Encyclopedia*, World Book Inc.; <https://www.britannica.com>; <https://www.mentalfloss.com>; <https://www.factretriever.com>; <https://en.wikipedia.org>

### Did you know?

Doughnuts were distributed to American soldiers on the front lines of World War I by Salvation Army workers known as **Doughnut Girls**.

**National Doughnut Day** happens twice a year — the first Friday in June and November 5.

In the U.S. alone, more than 10 billion doughnuts are made every year.

The U.S. doughnut industry is worth an estimated \$3.6 billion.

Per capita, **Canada** has more doughnut shops than any other country.

**Adolph Levitt** invented the first doughnut machine in 1920.

**Spudnuts** have dough made of potatoes instead of wheat flour.

In some U.S. states, fresh doughnuts are traditionally sold in pink boxes.

In Tunisia, pastries similar to doughnuts are called **yo-yos**.

In India, a sweet called **gulgula** is made of sweetened, deep-fried flour balls.

### Way back when

Doughnuts are thought to have made their way to North America with Dutch settlers who made **olykoek** (oily cake). These early doughnuts were not yet shaped into rings.

“Sometimes the table was graced with ... an enormous dish of balls of sweetened dough, fried in hog’s fat, and called dough-nuts, or oly koeks: a delicious kind of cake, at present scarce known in this city, excepting in genuine Dutch families.” — from **Washington Irving’s** 1809 book, *A History of New York, from the Beginning of the World to the End of the Dutch Dynasty*.

One of the first cookbooks to include doughnuts was an 1803 English volume with doughnuts in an appendix of American recipes.

© 2021 Trifieldt Studios, Inc.  
Distributed by Andrews McMeel Syndication

LEARN ABOUT THE AMERICAN REVOLUTION IN THE NEXT INSTALLMENT OF WORLD OF WONDER

CASA GRANDE  
**Dispatch**  
Serving Pinal County For More Than A Century

Newspapers  
in Education

OUR WEEKLY NEWSPAPERS IN EDUCATION  
PAGE CAN BE A FUN LEARNING TOOL  
FOR YOUR KIDS. CHECK BACK EACH  
THURSDAY FOR A NEW, EXCITING TOPIC!

CASA GRANDE  
**Dispatch** TO SUBSCRIBE:  
(520) 423-8685

