

Yeast dumpling

Cuisine: **German**

Food category: **Desserts**



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Program steps

Preheating: 99 °C

1

Steaming

Termination by time

00:23 hh:mm

99 °C

50 %



Ingredients - number of portions - 10

Name	Value	Unit
plain wheat flour	1	kg
fresh yeast	1	pcs
brown sugar	120	g
butter soft	150	g
milk 3.5%	600	ml
chicken eggs	2	pcs
lemon peel	1	pcs
vanilla sugar	2	pcs
butter soft	5	g

Nutrition and allergens

Allergens: 1, 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	518.5 kJ
Carbohydrate	84.6 g
Fat	14.9 g
Protein	11.1 g
Water	0 g

Directions

Sift flour into a mixing bowl. Process the ingredients with the lukewarm milk to form a smooth dough. The dough is perfect when it pulls away from the bowl. Let the dough rise in a warm place for at least 1 hour. Then 'punch down' the risen dough and form 10 equally sized balls. Place them in a greased closed container (min. 60 mm) and cover to rise again for about 25 minutes. Steam in a preheated combi steamer in steam mode at 99 °C for 23 minutes. Note: It becomes refined when you fill the yeast dumplings with, for example, plum jam, damsons, or apricots.

Recommended accessories



Enameled GN
container