

Yeast dumplings

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. Mix the ingredients with the lukewarm milk into a smooth dough. The dough is perfect when it comes away from the bowl. Then let the dough rise in a warm place for at least 1 hour. "Knock" the risen dough together and form 10 equal-sized balls. Place in a greased, closed container (at least 60 mm) and cover and let rise for another 25 minutes. Cook in the preheated combi steamer in steam mode at 99 °C for 23 minutes. Note: It becomes more sophisticated if you fill the yeast dumplings with, for example, plum jam, plums or apricots.

Recommended accessories



Enameled GN
container