

Steamed buns with jam

Cuisine: **Slovak**
Food category: **Desserts**




Author: **Vlastimil Jaša**


Company: **Retigo**





Program steps


1


 Steaming

 Termination by time

 00:14 hh:mm

 97 °C

 80 %



Ingredients - number of portions - 10		
Name	Value	Unit
wheat flour type 550	250	g
semi-coarse wheat flour	250	g
milk 3.5%	250	g
chicken eggs	2	pcs
brown sugar	12	g
salt	3	g
fresh yeast	30	g
butter soft	120	g
plum jam	230	g
sprinkles to taste	450	g
pork lard	120	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	3222 kJ
Carbohydrate	52.8 g
Fat	53.7 g
Protein	13.8 g
Water	0 g

Directions

Sift both types of flour into a larger bowl. Sprinkle fresh yeast (or sprinkle dried), sugar, salt, egg on the flour and pour 250 ml of lukewarm milk on it. We will start processing the dough. While kneading, we can still add the remaining milk. We want the resulting dough to be softer, even slightly stickier than sourdough for cakes.

Knead the dough in a bowl with wet hands, form a loaf and leave it to rise until doubled in volume in a preheated and switched off convection oven.

Roll out the leavened dough on a floured board to a thickness of about 1 cm, cut out squares and put a spoonful of jam (ideally thick) into each and close the bun so that the jam cannot leak out.

With a closed palm, shape the bun nicely into a round shape and place it on a greased, perforated baking sheet with the seam facing down.

In the meantime, we will prepare a "steam bath" in your convection oven. Leave space between them, as they will expand during steaming. Buns are steamed on the above program.

After steaming, we take them out and immediately rub them with oil or fat so that they do not dry out on the surface.

We serve them sprinkled with sugar, poppy seeds, nuts or grated gingerbread and doused with melted butter.

Recommended accessories



GN container Stainless
steel full