

Honz's buns

Cuisine: **Czech**

Food category: **Desserts**



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Company: **Retigo**

Program steps

Preheating: **155 °C**

1	Hot air	100 %	Termination by time	00:28 hh:mm	155 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
plain wheat flour	0.1	kg
fresh yeast	0.08	kg
caster sugar	0.03	kg
milk 3.5%	0.2	l
Clotted Cream	0.1	kg
milk 3.5%	0.4	l
egg yolk	4	pcs
caster sugar	0.1	kg
plain wheat flour	1	kg

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	572.6 kJ
Carbohydrate	93.8 g
Fat	5.5 g
Protein	12.5 g
Water	0 g

Directions

In warm milk, we stir in the sugar and crumbled yeast, put it in a warm place, where we let the yeast rise. We mix the risen yeast with sifted flour, sugar, add a whole egg and an egg yolk.

We pour in warm milk, softened fat, mix it together, and knead a smooth dough, which we sprinkle with a little flour, cover with a cloth, and let rise in a warm place. From the risen dough, we cut out spoonfuls of dough, flatten them on a floured board, and place a small spoonful of jam or marmalade in them.

We wrap the dough ball and carefully seal all openings to prevent the filling from leaking. We place the balls into an enamel baking dish that is 60mm high, so that we grease each bun with melted fat to prevent them from sticking together. We let the buns rise in a warm place for another 15 minutes and only then do we put it into the preheated combi steamer and bake until golden brown.

After cooling, we dust the buns with powdered sugar.

Recommended accessories



Enameled GN
container