

Honzo buns

Cuisine: **Czech**Food category: **Desserts**Author: **Vlastimil Jaša**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

Mix a spoonful of sugar and crushed yeast in warm milk, put it in a warm place, where we let the yeast rise. Mix the yeast with sifted flour, sugar, add whole egg and yolk.

Add lukewarm milk, softened fat, mix and make a smooth dough, sprinkle with a little flour, cover with a tea towel and leave to rise in a warm place. From the risen dough, we cut balls with spoons, which we flatten on a floured board and put a small spoonful of marmalade or marmalade into them.

We roll up the ball and carefully seal all the holes so that the filling does not leak out. We place the balls in a 60 mm high enameled gastro container by greasing each bun with warmed fat so that they do not stick to each other. Leave the pan to rise in the heat for about 15 minutes, and only then put it in the preheated combi oven and bake until golden.

After the buns have cooled, sprinkle with sugar.

Recommended accessories



Enameled GN
container