

Dumplings with caramelized sugar

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

Program steps

Preheating: **195 °C**

1	Hot air	100 %	Termination by time	00:08 hh:mm	180 °C	100 %	
2	Hot air	100 %	Termination by time	00:12 hh:mm	160 °C	100 %	

Ingredients - number of portions - 10

Name	Value	Unit
fresh yeast	0.05	kg
caster sugar	0.12	kg
milk 3.5%	0.75	l
plain wheat flour	1.2	kg
chicken eggs	3	pcs
lemon peel	0.02	kg
salt	0.01	kg
butter soft	0.35	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	745.6 kJ
Carbohydrate	101.2 g
Fat	31.6 g
Protein	13.7 g
Water	0 g

Directions

We dissolve the dry yeast with a little sugar, dilute it with lukewarm milk, and add a bit of sifted flour, which creates a liquid dough starter that we let rise.

In the remaining sifted flour (set aside a little for rolling out), we add eggs, the remaining sugar, finely grated lemon peel, salt, melted butter about 200g for 10 servings. The rest of the lukewarm milk and the risen starter are mixed together thoroughly.

We let the finished dough rise.

Traditionally, we prepare small buns that we grease on the baking tray and place next to each other. Again, we let them rise, now in a 40mm high enamel GN and bake according to the previously specified program.

Recommended accessories



Enameled GN
container