



GREENEATCHEF

BREZELN



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INGREDIENTS

six cups of flour
two eggs
one egg yolk
one hundred grams of butter
20 grams of yeast
lukewarm milk
fine salt
Kimmel

Prepare the lukewarm milk and keep it on the work surface.
Melt the butter over low heat. Set aside.
Dissolve the yeast in the warm milk.

Sift the flour on the table, form a fountain, pour in the eggs, the yeast that you previously dissolved in the warm milk. Add a little salt

Knead the mixture adding the lukewarm milk as you go.

When the dough stops sticking to the work surface, add the melted butter.

The dough thus obtained must be left to rest. When it has risen, divide it in different pieces as you do for gnocchi. From each piece you will make some long sticks that you will bend to form a doughnut.

Line up the Brezeln on a blade greased with butter or covered with greaseproof paper, brush the surface with egg yolk, sprinkle with Kimmel, bake in a hot oven at 180 degrees for 15 minutes, check. Withdraw them when the surface appears well colored and shiny.

VARIANTS

With aniseed. Flavor the dough by incorporating a pinch of aniseed powder.

With cinnamon. Flavor with cinnamon

Cooked in water. This is a similar variation to baked strudels, i.e. instead of baking them in the oven, you plunge the Brezeln, one at a time, into plenty of lightly salted boiling water.

Pick them up with a skimmer as soon as they rise to the surface, taking care not to break the characteristic shape.

Serve them!