

Yeast dumplings

Cuisine: German

Food category: Desserts



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Program steps

Preheating: 99 °C

1



Steaming



Termination by time



00:23

hh:mm



99

°C



50

%



Ingredients - number of portions - 10

Name	Value	Unit
plain wheat flour	1	kg
fresh yeast	1	pcs
granulated sugar	120	g
butter	150	g
milk 3.5%	600	ml
chicken eggs	2	pcs
lemon peel	1	pcs
vanilla sugar	2	pcs
butter	5	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	519.8 kJ
Carbohydrate	85.1 g
Fat	14.9 g
Protein	11.1 g
Water	0 g

Directions

Sift flour into a mixing bowl. Mix the ingredients with the lukewarm milk into a smooth dough. The dough is perfect when it comes away from the bowl. Then let the dough rise in a warm place for at least 1 hour. "Knock" the risen dough together and form 10 equal-sized balls. Place in a greased, closed container (at least 60 mm) and cover and let rise for another 25 minutes. Cook in the preheated combi steamer in steam mode at 99 °C for 23 minutes. Note: It becomes more sophisticated if you fill the yeast dumplings with, for example, plum jam, plums or apricots.

Recommended accessories



Enameled GN container