Yeast Buns with Poppy Seeds



These yeast buns are very soft and delicious. I have filled them with poppy seeds, but if you do not like poppy seeds, you can fill them as you like – with marmalade, nougat, Nutella, lemon curd etc. …

INGREDIENTS FOR DOUGH :

650 g of flour

200 ml of milk

1 package of yeast

4 spoons of sugar

2 packages of vanilla sugar

50 g solid yoghurt

Lemon peel

1 egg + 1 egg yolk

1 g of salt

150 g of margarine for cakes (room temperature)

INGREDIENTS FOR FILLING :

150 g of ground poppy seeds

1 g of salt

15 g of margarine for cakes

1 tea spoon of vanilla extract

(or 2 packages of vanilla sugar)

60 g of sugar

75 ml of milk

INGREDIENTS FOR COATING AND SPRINKLING

margarine for cakes

powder sugar

PREPARATION :

1 . put one spoon of sugar and yeast in the warm milk, stir well to make the yeast dissolve completely …

2 . leave the milk aside to enable the yeast to activate …

3 . when the yeast has activated, put the flour and all other ingredients for the dough into the bowl …

4 . make soft dough that does not stick to your hands …

5 . form a ball out of the dough, put it back in the bowl, cover it and leave it aside to double its size …

6 . while the dough is rising, you should prepare the filling …

7 . put a small pot on the cooker, add all ingredients except poppy seeds immediately …

8 . when these ingredients boil, put the pot away from the cooker and add poppy seeds …

9 . leave the prepared filling aside for about 20 minutes

before further use …

10 . put the risen dough on the work surface (DO NOT add flour) , divide it into 15 or 16 parts and form balls …

11 . take a ball, on the work surface form the dough into the shape of a saucer by pressing it with your fingers. Be careful not to make the dough too thin … (SEE THE VIDEO)

12 . put the filling in the middle and close the yeast buns …

13 . line the formed yeast buns in a buttered baking tray 38 x 25 (you can put parchment paper on the tray, as well)

14 . leave the ready yeast buns in the baking tray for 10 – 15 minutes and then put them in the COLD oven at 180 degrees for 20 – 25 minutes (it depends on your oven) …

15 . coat the ready and still hot yeast buns with margarine and sprinkle with powder sugar …

NOTES AND ADVICE :

While filling the yeast buns be careful not to touch the edges of the dough, because the dough will open during baking.

When the yeast buns are completely cool, put them in a bag or a box, so they do not get any air.











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