Grittibänz (bread manikin traditionally eaten on St Nicolas Day)

食谱作者 V-ZUG 瑞族



制备过程	45 分钟
等待时间	1 小时 30 分钟
烘烤的时间：烘烤时间取决于机器	20 分钟
份	4
电器	Combair-Steam SE 自 2015 年

Preparation

500 g plain flour

21 g yeast, fresh

60 g butter

25 g sugar

10 g salt

1 egg

250 g milk

Cut the butter into small cubes. Put the flour in a mixing bowl. Add the milk, egg, sugar and yeast and mix on the lowest setting for 2 minutes. Add the butter and mix for another 6 minutes. Add the salt and mix for another 2 minutes. Finally, knead the dough on the highest setting for 5 minutes. Allow the dough to proof in the cooking space until it has doubled in volume.

在 发酵专业烘烤技术 期间为 **32 1** 小时°C

Use two-thirds of the dough to make two Grittibänzen and the other third for decorating them (for hats, scarves, boots, etc.). Cover the baking tray with baking paper, place both Grittibänzen on it and allow to rest for 30 minutes.

Pearl sugar (also called hail or nib sugar)

Some raisins

almonds, whole

Egg, for glazing

电器预加热

将发酵桶预加热 热风+清蒸 到 **170°C**

Glaze the Grittibänzen with the egg and decorate with the raisins, almonds and pearl sugar. Put the baking tray into the preheated cooking space. Bake.

放入食物

在 热风+清蒸 期间为 **170 20** 分钟°C

配件

Baking tray

附加信息

创建时间	14.01.2020