



# Grittibänz (bread manikin traditionally eaten on St Nicolas Day)

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Portions            4

## 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.

### Professional baking proofing 32 °C for 1 Hrs

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

Pearl sugar (also called hail or nib sugar)

Some raisins

almonds, whole

Egg, for glazing

### Appliance preheating

#### (Pre-)heat cooking space to 170 °C with Hot air + steaming

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

### Put the food in

#### Hot air + steaming 170 °C for 20 Mins





## Accessories

---

Baking tray

