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 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

Appliance preheating

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

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.

Put the food in

Hot air + steaming 170 °C for 20 Mins

Accessories

Baking tray

Additional information

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