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UNIT 9 / PRACTISE 3

Bundt Cakes / Yeast Dough

Ingredients

Pre-dough

- 0,100 kg wheat flour 405 or 550
- 0,017 kg yeast
- 0,100 kg milk

Yeast dough

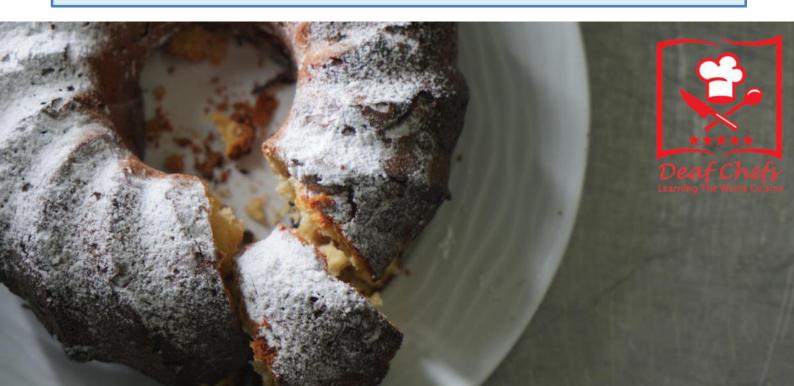
- 0.100 kg butter, not from the refrigerator
- 0.050 kg sugar
- 0.010 kg vanilla sugar
- 1 pc. unsqueezed lemon, grated peel
- 1-2 pcs eggs
- 0.150 kg flour
- 0.217 kg pre-dough
- 0,050 kg raisins or raisins
- 0.050 kg stalked almonds (can be added, but does not have to be)

Directions

- Make the pre-dough milk not from the refrigerator mix with yeast, then knead all the ingredients with the dough hook of the food processor for about 5 minutes.
- 2. Let the pre-dough rest for 20 minutes, covered and warm.
- 3. Cream soft butter and egg until fluffy. Add all ingredients and pre-dough and knead together.
- 4. Add raisins, almonds and lemon zest.
- 5. Pour dough into greased loaf pan and cover. Let rise for 20 minutes.
- 6. Bake in preheated oven at 180°C for about 30 minutes.
- 7. Turn out cake. Let cool and sprinkle with powdered sugar.

Notes

- Yeast dough can also be used for sheet cakes with fruit or sprinkles or rolled into a braid.
- Never knead yeast dough too long or it will become dry and straw-like.
- For a heavy yeast dough, use more fat, then you also need more yeast and you do not make a predough.
- To do this, use more than 0.250 kg of butter per 1 kg of flour.
- Yeast dough can also be used without sugar for salty dishes such as pizzas, toast, burger buns.





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