



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

1. 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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