

Dampfbuchteln - Sweet Yeast Dumplings

1 Sieve flour into a bowl and make a little depression in the middle. Take 2 tbsp of the milk and 2tbsp of the sugar and combine with the yeast. Once the yeast is fully dissolved, pour into depression and whisk in a little flour. Cover bowl with a kitchen towel and let the dough rise for about 15 minutes.

2 Add the remaining ingredients and beat well until dough can be easily removed from the bowl (non- sticky). If it still feels too sticky, add some more flour. Again, let the covered bowl rest at a warm place for about 30 min. (size of dough should double).

3 Knead dough one more time and toss on a floured pastry board. Cut in equal pieces and form snow ball sized dumplings.

4 Butter casserole or a larger pan and also pour some sugar in, until the bottom is more or less equally covered. Now add the dumplings, arranged next to each other, touching each other. Brush some melted butter over them. Cover and let rise a last time (about 15 minutes), then bake in preheated oven at 190°C for about 30 minutes. They should take on a light golden- brown color.



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Recipe source: Das große Buch der österreichischen Mehlspeisen, Josef Zauner (p. 387)

Required time: preparation (inc. the time to let the dough rise) about 1.5 hours, baking 30 min., serves 4-5

Ingredients for Dumplings:

- * 250g flour
- * 125ml lukewarm milk
- * 10g fresh yeast
- * 50g sugar
- * 50g butter
- * 2 egg yolks
- * a pinch of salt
- * additional butter for the casserole and brushing the Dampfbuchteln
- * additional sugar for the casserole

Ingredients for vanilla sauce (serves 2):

- * 250ml milk
- * 6 tbsp chilled milk
- * 20g sugar
- * 2 egg yolks
- * 1 tbsp starch
- * half of a vanilla bean