

Spelt "Buchteln"

With Apricot Jam and Vanilla Sauce

Recipe for 12 "Buchteln". Recipe tip from family Ganahl, Verwall Apartment in Wald am Arlberg.

Ingredients:

- 500 g light spelt flour (you can also use wheat flour with a good grip)
- 1 pkg. dry ferment
- 1 pkg. bourbon vanilla sugar
- 100 g powdered sugar
- 1 pinch of salt
- 250 ml milk
- 70 g butter
- 2 egg yolks
- Apricot jam
- Butter for spreading
- Vanilla sauce (1-2 pkg. vanilla pudding powder, milk, sugar)



Preparation:

- Mix all dry ingredients together: Flour, dry yeast, vanilla sugar, powdered sugar (sift), salt.
- Slightly heat the milk with butter so that the butter melts. Then stir in the egg yolk.
- Add butter-milk egg mixture to dry ingredients and mix/knead into a dough.
- Cover the dough and let it rise in a warm place. Then knead again and let rise again for about 30 minutes.
- Divide the yeast dough into 12 pieces, form balls, flatten and fill in the middle with a teaspoon of apricot jam. Fold carefully, brush all around with butter and arrange tightly in a greased baking dish.
- Then let the "Buchteln" rise again for about 15 minutes.
- Before baking, brush the "Buchteln" again with liquid butter and bake in the preheated oven at 170°C bottom-high heat for about 40 minutes.
- Then sprinkle the "Buchteln" with powdered sugar and serve with warm vanilla sauce.

Insider Tip: Generally, booklets are made with wheat flour, as they rise better and become even fluffier. However, I love the full-bodied taste of spelt flour and only make them this way. Bianca Ganahl.