

Dampfnudeln Recepie

Ingredients

For the Dough

- **250g** Milk
- **½ Cube** Yeast
- **50g** soft Butter
- **1** Egg
- **30g** Sugar
- **475g** Flour
- **1¼ tsp** Salt

For the Glaze

- **300g** Milk
- **30g** Butter
- **100g** heavy Cream

Preparation:

1. Prepare the Yeast Base:

Pour the milk (250 g) into a bowl and add the crumbled yeast (20 g). Warm the mixture slightly (approx. 37°C) until the yeast dissolves.

2. Make the Dough:

Add the soft butter, egg, sugar, flour, and salt to the yeast milk. Knead the dough well until smooth and elastic (3-5 minutes).

3. Let the Dough Rise:

Shape the dough into a ball and place it in a bowl. Cover with a clean towel and let it rise for 1 hour until it doubles in size.

4. Portion the Dough:

Divide the dough into 16 equal portions and shape them into balls. Grease an ovenproof dish and place the dough balls inside. Cover and let rise for another 30 minutes.

5. Prepare the Glaze:

Warm the milk, butter, and heavy cream in a pot until the butter melts. Stir well.

6. Bake the Buns:

Carefully pour the milk mixture over the dough balls and cover the dish with aluminum foil. Bake in a preheated oven at 200°C for 40 minutes until cooked through.