

Recipes:

3.Slovak Christmas Buns – Bobalky 2023

Bobalky with Poppyseeds and Honey

4 servings (about 15 - 20 mini bobalky per serving)

Ingredients:

Leaven

¼ cup of lukewarm milk - about 90 to 100°F (preheat in a microwave)

¼ cup of bread flour (or all-purpose)

2 TSP of confectioners' sugar

2 TSP of active dry yeasts

Dough

2 cups of bread flour (or all-purpose) + **Extra flour** for flouring

2 TBSP of granulated sugar

½ TSP of salt

1 egg

½ stick (2 OZ) of butter (room temperature)

½ cup of lukewarm milk - about 90 to 100°F (preheat in the microwave)

Poppyseed topping:

1 ½ cups of milk (preferably whole milk) – adjust if needed

½ cup of poppyseeds

¼ cup of granulated sugar

For soaking:

2 cups of whole milk

Other toppings

½ stick (2 OZ) of butter - melted *

½ cup of honey – adjust if needed

Final touch

4 TBSP of honey – adjust if needed

*Cut butter into small pieces before melting. Then microwave for a short time (a few seconds each) with a few seconds break between -- to prevent a little "explosion" of butter. Optionally, melt butter over medium heat with vigorous whisking.

Tools:

Measuring Spoons & Measuring Cups

Small Mixing Bowl (about 1 QT)

Whisk

Plastic Wrap

Silicone spatula

Kitchen Mixer with Hook Attachment or Large Mixing Bowl

Bowl Scraper or Silicone Spatula

Pizza Cutter or Sharp Knife

2 medium baking sheets with parchment paper or silicone mats

2 Small sauce pans

Wooden Spoon

Medium Mixing Bowl

Slotted spoon

Large Mixing Bowl

Measuring Pitcher or small glass bowl

Directions:

Already prepared:

1. Leaven:

1.1. Place into a medium mixing bowl:

¼ cup of lukewarm milk - about 90 to 100°F (preheat in a microwave)

¼ cup of bread flour (or all-purpose)

2 TSP of confectioners' sugar

2 TSP of active dry yeasts

Thoroughly stir with a whisk until fully combined (about 1 - 2 minutes).

1.2. Cover with plastic wrap, and using a knife, create 1 small hole to let the leaven breathe.

1.3. Set aside until it doubles in volume (about 15 – 30 minutes).

2. Dough:

2.1. Place into a kitchen mixer with a hook attachment:

2 cups of bread flour

2 TBSP of granulated sugar

½ TSP of salt

Shortly hand stir with the whisk.

2.2. Add:

1 egg

½ stick of very soft butter

½ cup of lukewarm milk

Leaven from step 1

Knead on slow speed until all ingredients are partially combined.

2.3. Then increase the speed to medium-high and knead until nicely combined (about 1- 2 minutes).

Note:

- Use a bowl scraper to release it from the hook and the bottom of the bowl.

- The final dough could be slightly sticky and partially stick to the bottom of the bowl.

3. Rising the Dough:

- 3.1. Remove the mixing bowl from the mixer and cover it with plastic wrap.
- 3.2. Let it rise in a warm place until it has doubled in size (about 1 hour).

Start here:

4. Bobalky forming:

Note:

- Work on a surface that is not floured.
- If the dough is too sticky after rising, consider working in some extra flour.

- 4.1. Separate the dough into a few large pieces
- 4.2. Roll each piece into $\frac{1}{2}$ - $\frac{3}{4}$ " strings.
- 4.3. Cut stings into $\frac{1}{2}$ to $\frac{3}{4}$ " long segments.
- 4.4. Using the palms of both hands, roll shortly each segment into a round ball and place on a baking sheet.

Important:

Ensure they are not touching each other and have at least $\frac{1}{2}$ " space between each other and the edges of the baking sheet.

- 4.5. Repeat the same with all remaining segments.

5. Proofing:

- 5.1. Let proof in a warm place for about 10 minutes.

Note:

The focus is to let the dough recover from being formed. There are no specific requirements as to how much it should increase.

6. Set oven to preheat to 400°F.

7. Baking:

- 7.1. Bake in a preheated oven until they turn golden (about 10 minutes).
- 7.2. Rotate the baking sheets in the middle of baking.

Note:

- When baked, you can let it rest for the next step on the baking sheet or use it immediately in step 9.

8. Poppyseed topping:

- 8.1. Place a medium sauce pot on medium-high heat and add:

1 ½ cups of milk
½ cup of poppyseeds

Briefly stir and cover with a lid. Bring to a simmer (about 195°F) with occasional stirring.

- 8.2. Lower the heat to medium and cook with occasional stirring until the poppy seeds soften (about 12 - 15 minutes).

Notes:

- If the milk evaporates too much during this step, add some extra milk.
- If you have a too-powerful burner, you may want to lower the heat to medium-low.

- 8.3. Then remove the lid, increase heat to medium-high, and cook until the milk gets absorbed and evaporated (some liquid could still be present for further steps).

- 8.4. Then add:

¼ cup of granulated sugar

Cook with constant stirring until the sugar gets fully incorporated (usually about 1 minute).

- 8.5. Set aside for a later step.

9. Dipping & soaking station:

9.1. Place into medium saucepan:

2 cups of whole milk

Preheat on medium heat until it reaches a light simmer.

9.2. Pour into a medium bowl for the next step.

10. Assembly

10.1. Soak the bobalky in the medium mixing bowl with milk while gently stirring with a spatula (for about 30 seconds to 1 minute to ensure they absorb part of the milk but do not get too soggy).

10.2. Then move all the bobalky into a large mixing bowl using a slotted spoon.

Note:

Try to eliminate the amount of the milk that gets into the large mixing bowl, but some milk residue is okay.

10.3. Add to the bobalky:

Poppyseed topping

½ stick of butter - melted

¼ cup of honey – adjust if needed

Gently stir using a silicone spatula until all bobalky are evenly coated.

11. Serve on a plate or in a bowl (about 15 – 20 for a serving) and drizzle with honey right before serving.

Bobalky with Sauerkraut

4 servings (about 15 - 20 mini bobalky per serving)

Ingredients:

Leaven

¼ cup of lukewarm milk - about 90 to 100°F (preheat in a microwave)

¼ cup of bread flour (or all-purpose)

2 TSP of confectioners' sugar

2 TSP of active dry yeasts

Dough

2 cups of bread flour (or all-purpose) + **Extra flour** for flouring

2 TBSP of granulated sugar

½ TSP of salt

1 egg

½ stick (2 OZ) of butter (room temperature)

½ cup of lukewarm milk - about 90 to 100°F (preheat in the microwave)

Sauerkraut topping:

2 TBSP of frying oil - adjust if needed

1 large onion - peeled and finely chopped

Optional: **½ LB** of bacon - chopped into small pieces *

1 LB of Sauerkraut (drained, amount before draining)

½ TSP of salt

½ TSP of ground pepper

½ Stick (2 OZ) of butter

* Skip for a vegetarian option

For soaking:

2 cups of whole milk

*Cut butter into small pieces before melting. Then microwave for a short time (a few seconds each) with a few seconds break between -- to prevent a little "explosion" of butter. Optionally, melt butter over medium heat with vigorous whisking.

Tools:

Measuring Spoons & Measuring Cups

Small Mixing Bowl (about 1 QT)

Whisk

Plastic Wrap

Silicone spatula
Kitchen Mixer with Hook Attachment or Large Mixing Bowl
Bowl Scraper or Silicone Spatula
Pizza Cutter or Sharp Knife
2 medium baking sheets with parchment paper or silicone mats
Small sauce pan
Large sauté pan or fry pan
Wooden Spoon
Medium Mixing Bowl
Slotted spoon
Large Mixing Bowl
Measuring Pitcher or small glass bowl

Directions:

Already prepared:

1. Leaven:

1.1. Place into a medium mixing bowl:

¼ cup of lukewarm milk - about 90 to 100°F (preheat in a microwave)

¼ cup of bread flour (or all-purpose)

2 TSP of confectioners' sugar

2 TSP of active dry yeasts

Thoroughly stir with a whisk until fully combined (about 1 - 2 minutes).

1.2. Cover with plastic wrap, and using a knife, create 1 small hole to let the leaven breathe.

1.3. Set aside until it doubles in volume (about 15 – 30 minutes).

2. Dough:

2.1. Place into a kitchen mixer with a hook attachment:

2 cups of bread flour

2 TBSP of granulated sugar

½ TSP of salt

Shortly hand stir with the whisk.

2.2. Add:

1 egg

½ stick of very soft butter

½ cup of lukewarm milk

Leaven from step 1

Knead on slow speed until all ingredients are partially combined.

2.3. Then increase the speed to medium-high and knead until nicely combined (about 1- 2 minutes).

Note:

- Use a bowl scraper to release it from the hook and the bottom of the bowl.

- The final dough could be slightly sticky and partially stick to the bottom of the bowl.

3. Rising the Dough:

- 3.1. Remove the mixing bowl from the mixer and cover it with plastic wrap.
- 3.2. Let it rise in a warm place until it has doubled in size (about 1 hour).

Start here:

4. Bobalky forming:

Note:

- Work on a surface that is not floured.
- If the dough is too sticky after rising, consider working in some extra flour.

- 4.1. Separate the dough into a few large pieces
- 4.2. Roll each piece into $\frac{1}{2}$ - $\frac{3}{4}$ " strings.
- 4.3. Cut stings into $\frac{1}{2}$ to $\frac{3}{4}$ " long segments.
- 4.4. Using the palms of both hands, roll shortly each segment into a round ball and place on a baking sheet.

Important:

Ensure they are not touching each other and have at least $\frac{1}{2}$ " space between each other and the edges of the baking sheet.

- 4.5. Repeat the same with all remaining segments.

5. Proofing:

- 5.1. Let proof in a warm place for about 10 minutes.

Note:

The focus is to let the dough recover from being formed. There are no specific requirements as to how much it should increase.

6. Set oven to preheat to 400°F.

7. Baking:

- 7.1. Bake in a preheated oven until they turn golden (about 10 minutes).
- 7.2. Rotate the baking sheets in the middle of baking.

Note:

- When baked, you can let it rest for the next step on the baking sheet or use it immediately in step 9.

8. Sauerkraut:

- 8.1. **Preheat** a sauté pan on medium-high heat with **2 TBSP** of frying oil and add:

1 large onion

Sauté with occasional stirring until glossy (about 3 - 4 minutes).

- 8.2. Optionally add:

½ LB of bacon - chopped into small pieces

Sauté with constant stirring until it is cooked as you like.

- 8.3. Add:

Sauerkraut (drained)

½ TSP of salt

½ TSP of ground pepper

Sauté with occasional stirring for about 2 minutes

- 8.4. Place it into a large mixing bowl.

9. Dipping & soaking station:

- 9.1. Place into medium saucepan:

2 cups of whole milk

Preheat on medium heat until it reaches a light simmer.

9.2. Pour into a medium bowl for the next step.

10. Assembly

10.1. Soak the bobalky in the medium mixing bowl with milk while gently stirring with a spatula (for about 30 seconds to 1 minute to ensure they absorb part of the milk but do not get too soggy).

10.2. Then add all the bobalky into a large mixing bowl with the sauerkraut using a slotted spoon.

Note:

Try to eliminate the amount of the milk that gets into the large mixing bowl, but some milk residue is okay.

10.3. Add to the bobalky:

½ stick of butter - melted

Gently stir using a silicone spatula until all bobalky are evenly coated.

11. Serve on a plate or in a bowl (about 15 – 20 for a serving).

Disclaimer:

All steps in this recipe are just suggestions, and the author and/or publisher of this recipe is not responsible for the following:

- outcome of preparation
- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
- safety during preparation, including incorrect handling of equipment and the equipment's suitability for food preparation, improper cooking techniques, sourcing of ingredients, and anything related to the preparation and consumption of the products of this recipe

All readers are responsible for evaluating if the recipe and its' ingredients and steps fit with their dietary restrictions and can adjust accordingly.