

What to prepare?

3. Slovak Christmas Buns – Bobalky 2023

Important:

I will prepare 4 portions of bobalky with poppyseed and 4 portions of bobalky with sauerkraut. So the dough recipe below is for 8 portions. If you plan to prepare only 2 portions from each (4 portions total), reduce the dough preparation recipe below to half.

Bobalky Dough

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

Ingredients:

Leaven

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

½ cup of bread flour (or all-purpose)

4 TSP of confectioners' sugar

4 TSP of active dry yeasts

Dough

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

4 TBSP of granulated sugar

1 TSP of salt

2 eggs

1 stick (4 OZ) of butter (room temperature)

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

*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

Additional Preparation steps:

About 1 – 2 hours before the class:

1. Leaven:

1.1. Place into a medium mixing bowl:

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

½ cup of bread flour (or all-purpose)

4 TSP of confectioners' sugar

4 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:

4 cups of bread flour

4 TBSP of granulated sugar

1 TSP of salt

Shortly hand stir with the whisk.

2.2. Add:

2 eggs

1 stick of very soft butter

1 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).

Bobalky with Poppyseeds and Honey

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

Ingredients:

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:

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

Additional Preparation steps:

No additional preparation steps are needed.

Bobalky with Sauerkraut

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

Ingredients:

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 (you can reuse milk from preparing the poppyseed bobalky).

*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:

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

Additional Preparation steps:

No additional preparation steps are needed.

Please let me know if you have any questions: tom@cookinghub.com