

5. Buchticky s Kremem 2024

Little buns with Vanilla Cream (Buchticky s kremem)

4 servings

Ingredients:

Leaven:

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

1 TSP of confectioners' sugar

2 TSP of active dry yeasts

¼ cup of bread flour (or all-purpose)

Dough:

1 egg

½ cup of granulated sugar

½ stick (4 TBSP) of soft butter (room temperature)

2 cups of bread flour (or all-purpose)

¼ TSP of salt

½ TSP of vanilla extract

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

Brushing mixture:

1 egg

¼ cup of milk

Vanilla pudding:

1 ¾ cups of milk

2 egg yolks

½ cup of powdered sugar

¼ cup of all-purpose flour

1 TSP of Vanilla Extract

Tools:

Measuring Spoons & Measuring Cups

Small Mixing Bowl (about 1 QT)

Whisk

Plastic Wrap

Kitchen Mixer with Hook Attachment or Large Mixing Bowl

Bowl Scraper or Silicone Spatula

Rolling Pin

Baking sheet with parchment paper or silicone mat

Directions:

Already prepared:

1. Leaven:

1.1. Place into a medium mixing bowl:

¼ cup of lukewarm milk

1 TSP of confectioners' sugar

2 TSP of active dry yeasts

¼ cup of bread flour

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

1.2. Cover with plastic wrap or plate.

1.3. Set aside until it doubles in volume (about 20 – 30 minutes).

2. Dough:

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

1 egg

½ cup of granulated sugar

Whisk on high speed until fully incorporated and a creamy texture is reached (about 2 minutes).

2.2. Add:

½ stick of very soft butter

Whisk on high speed until fully incorporated—the butter is fully incorporated, and a creamy texture is reached again (about 2- 4 minutes).

2.3. Add:

Leaven prepared in step 1

Whisk on high speed until fully incorporated.

2.4. Replace the whisk attachment with a hook attachment and add:

2 cups of bread flour
¼ TSP of salt
½ TSP of vanilla extract
¼ cup of lukewarm milk

Knead on slow speed until all ingredients are partially combined.

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

Note:

The final dough is slightly sticky and can partially stick to the bottom of the bowl. Use a bowl scraper to release it from the hook and the bottom of the bowl.

3. Rising the dough:

3.1. Remove the mixing bowl from the mixer and cover with plastic wrap or a plate.

3.2. Let it rise in a warm place until it has about doubled in size - it doesn't need to be exactly doubled (about 2 - 3 hours).

Start here:

4. Brushing mixture:

4.1. Prepare a brushing mixture by briefly hand whisking **1 egg** with **¼ cup** of milk in a small mixing bowl.

5. Buchticky forming:

Note:

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

5.1. Separate the dough into a few large pieces

5.2. Roll each piece into $\frac{1}{2}$ - $\frac{3}{4}$ " strings.

5.3. Cut strings into $\frac{1}{2}$ to $\frac{3}{4}$ " long segments.

- 5.4. Using both hands' palms, roll each segment shortly into a round ball and place it on a baking sheet.

Important:

Make sure that the buchticky are touching each other, but do not press them as close as possible. They will expand in further proofing and baking and grow to the height and width, which will create nicely connected buchticky (little buns) that we will separate before plating and serving.

- 5.5. Repeat the same with all remaining segments.
- 5.6. When all done, brush with about half of the brushing mixture (the other half will be used right before baking).

6. Proofing:

- 6.1. Let the formed buchticky proof in a warm place for about 30 minutes.

7. Baking:

- 7.1. Set oven to 350°F.
- 7.2. Gently brush all the buchticky with the brushing mixture again.
- 7.3. Bake in a preheated oven until they turn golden (about 15 - 20 minutes).
- 7.4. Remove from the oven and let partially cool before serving (just enough to be able to touch them with your hand).

8. Vanilla cream:

- 8.1. While buchticky are baking, prepare vanilla cream by placing it into a small saucepan on medium-high heat:

1 ¼ cup of milk (part of the total amount)

Bring to a simmer (light boil) with occasional stirring.

- 8.2. Meanwhile, place into a small mixing bowl:

½ cup of milk (the remaining amount)

2 egg yolks

½ cup of powdered sugar

¼ cup of all-purpose flour

Thoroughly stir with a whisk until fully combined (about 30 seconds to 1 minute).

- 8.3. When the milk reaches a light simmer, lower the heat to medium and let the mixture from the mixing bowl slowly drizzle into the milk while vigorously stirring.
- 8.4. Then cook with constant stirring until it thickens to a thick pudding texture (about 30 seconds to 1 minute).
- 8.5. Take the saucepan from the burner and add:

1 TSP of Vanilla Extract

Stir until it gets fully incorporated.

9. Plating:

- 9.1. Place warm buchticky on individual plates (about 15 – 20 per portion for the main course).

Tip:

If the Buchticky has cooled, you can reheat it in the microwave shortly. The same can be done for leftovers (store the Buchticky and cream separately).

- 9.2. Pour vanilla cream over buchticky on the plates (be generous)!

Bonus Recipe:

Pudding Supreme

4 servings

Ingredients:

Pudding Layer:

1 ¼ cups of milk

3 egg yolks

½ cup of powdered sugar

¼ cup of all-purpose flour

1 stick (¼ LB) of butter – cut into a few pieces

1 TSP of Vanilla Extract

Strawberry Layer:

8 OZ of strawberries – rinsed, without the calix, diced

1/3 cup of water - adjust if needed

½ cup of granulated sugar

Cream Layer:

1 cup of cream - for whipping

Optional: **1/4 TSP** of cream of tartar

2 TBSP of confectioners' sugar *

Final Touch:

4 mint leaves

*If you prefer sweeter, you can increase the amount of sugar up to ¼ cup.

Tools:

Measuring Spoons & Measuring Cups

Small Sauce Pan or Small Pot (about 2 QT)

Medium Sauce Pan or Small Pot (about 4 QT)

Wooden Spoon or High-Temperature Silicone

Spatula

Small Mixing Bowl (about 1 QT)

Whisk

Immersion Blender or Food

Processor or Blender

4 small serving bowls/glass (preferably from glass) *

Kitchen Mixer with Whisk Attachment or Hand Mixer

Silicone Spatula

Pastry Tips and Pastry Bags_or Dish

* Do you want to make this recipe fancy? Take it one step further and serve it in a martini or wine glass.

Directions:

1. **Pudding Layer:**

1.1. Pudding Base:

1.1.1. Place into a small saucepan on medium-high heat and add:

1 cup of milk (part of the total amount)

Bring to a simmer (light boil) with occasional stirring.

1.1.2. Meanwhile, place into a small mixing bowl:

¼ cup of milk (the remaining amount)

3 egg yolks

½ cup of powdered sugar

¼ cup of all-purpose flour

Thoroughly stir together with a whisk until fully combined (about 30 seconds to 1 minute).

1.1.3. When the milk reaches a light simmer, lower the heat to medium and let the mixture from the mixing bowl slowly drizzle into the milk while vigorously stirring.

1.1.4. Then cook with constant stirring until it thickens to a thick pudding texture (about 30 seconds to 1 minute).

1.2. Finish the Pudding:

1.2.1. Take the saucepan from the burner and add:

1 stick (¼ LB) of butter – cut into a few pieces

Stir until the butter melts and gets fully incorporated.

1.2.2. Then add:

1 TSP of Vanilla Extract

Stir until fully incorporated.

1.2.3. Then, put about 1/4 of the total amount of the pudding into each of the 4 glasses.

1.2.4. Place into the refrigerator to cool (about 10 minutes).

2. **Strawberry Layer:**

2.1. Simmering:

2.1.1. Place a small saucepan on medium-high heat and add:

8 OZ of strawberries - diced

1/3 cup of water - adjust if needed

2.1.2. Cook with occasional stirring until blueberries soften (about 4 - 7 minutes).

2.2. Finishing phase:

2.2.1. Quickly process with an immersion blender (while still cooking) until partially or totally smooth (the decision is up to you).

2.2.2. Add:

½ cup of granulated sugar

Immediately stir using a whisk until fully incorporated.

2.2.3. Cook with constant stirring until partially thickened (about 2 – 4 minutes).

Note:

- Keep in mind that after cooling, it will thicken even more.
- There is no need to reach thickness for this dessert, but you are welcome to extend the cooking time.

2.2.4. When done, remove the pudding from the refrigerator and put about 1/4 of the total amount of the strawberries into each of the 4 glasses with pudding.

2.2.5. Place back into the refrigerator to cool (for about 10 minutes or longer - you need to just reach room temperature at least).

3. Cream Layer:

3.1. Place into the kitchen mixer with whisk attachment:

1 cup of cream

Whisk on a high speed until it's almost done -- liquid turned almost to whipped cream (about 2 - 3 minutes).

3.2. Add:

½ TSP of cream of tartar

2 TBSP of confectioners' sugar

Whisk on high speed until done -- stiff peaks formed (about 30 seconds to 1 minute).

3.3. Remove pudding with strawberries from the refrigerator. Fill the pastry bag and pipe out about ¼ of the whipped cream on top of the strawberry layer (or scoop with a disher).

4. Final Touch & Serving:

4.1. Decorate with a leaf of mint.

4.2. You can serve it immediately or let it cool in the refrigerator for up to 24 hours (thanks to cream of tartar cream, it will not melt).

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
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- 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.