

4. Loupáčky 2024

Sweet Honey Spread

About 6 servings

Ingredients:

1 stick (¼ LB) of soft butter (at room temperature) *
½ cup of honey – adjust if needed

*The best is to use unsalted butter, but salted butter can be used too.

Tools:

Measuring Spoons & Measuring Cups

Medium Mixing Bowl

French Whisk

Directions:

1. Place into a medium mixing bowl:

1 stick (¼ LB) of soft butter
½ cup of honey

Thoroughly stir with a French whisk until fully combined.

2. Taste and add more honey if needed.

Loupáčky

12 crescent rolls

Ingredients:

Loupáčky dough:

4 cups of bread flour

1 TBSP of active dry yeasts

½ cup of granulated sugar

½ TSP of salt *

1 ¼ cups of lukewarm milk - about 90 to 100°F (preheat in the microwave or on the stove)

2 eggs

1 stick (1/4 LB) of butter - soft, cut into small pieces (room temperature) *

* Skip using salt if you are using salted butter.

Brushing mixture:

1 egg

¼ cup of milk

To sprinkle:

1 TBSP of poppy seeds – adjust if needed

Optional:

Sprinkle with poppy seeds

Tools:

Measuring Spoons & Measuring Cups

Whisk

Kitchen Mixer with Hook Attachment

Measuring Pitcher or Small Glass/Ceramic Mixing Bowl

Bowl Scraper

Plastic Wrap or plate

Rolling Pin

Pizza cutter or chef's knife

2 Medium Size Baking Sheets with Parchment Paper or Silicone Mat

Silicone Brush or Pastry Brush

Optional: Cooling rack

Directions:

Already prepared:

1. Dough:

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

4 cups of bread flour
1 TBSP of active dry yeasts
½ cup of granulated sugar
½ TSP of salt

Shortly stir with a hand whisk just enough to combine all ingredients (about 1 minute).

1.2. Add:

1 ¼ cups of lukewarm milk
2 eggs
1 stick of butter

Knead on low speed until all ingredients are partially incorporated (about 1 - 2 minutes).

1.3. Then increase the speed to medium-high and knead until all ingredients are fully combined and the dough is formed (about 3 - 4 minutes).

2. Rising the dough:

2.1. Remove the bowl from the kitchen mixer and cover with plastic wrap or a plate.

2.2. Let it rise in a warm place until it has doubled or tripled in size (about 1 - 2 ½ hours).

Start here:

3. Pre-shape the dough into compact balls:

3.1. Place the dough on a **surface without flour** and separate into 3 even pieces, about **15 OZ** each, using a bowl scrape or knife.

Note:

You can just eyeball it, or feel free to use a scale if you want to.

3.2. Form each piece of dough into compact dough balls with your hands or a bowl scraper.

4. Shape the loupáčky:

Before you proceed:

- Shape loupáčky one by one on a surface that **does NOT have** flour.
- Since the dough includes butter, it will not stick to the surface. If it occasionally does, use your bowl scraper to release the dough.
- Make sure that the surface is perfectly clean (no residue of food, ingredients, etc.).

4.1. Using a rolling pin, flatten each piece of dough into a circle about ¼" or less in thickness (it doesn't need to be a perfect circle).

4.2. Then, cut each circle into 4 even triangles using a knife or pizza cutter.

4.3. Then, using your hands, roll the dough into a roll shape:

4.3.1. Take each triangle and roll into the roll shape (start working from the wider side).

4.3.2. **Optional step before rolling:** Flatten the triangle with a rolling pin before proceeding. This step is optional since the dough was previously flattened, but it can be beneficial to obtain even longer and potentially even triangles.

4.3.3. Then gently roll the triangle into a loupáček.

Notes:

- All loupáčky should have approximately the same thickness to provide you with the same baking time.
- Ideal thickness of freshly formed loupáčky is about ¾" to 1" at the thickest point (this is just recommended; you can select the thickness that you prefer - just be prepared to adjust the baking time).
- The length of loupáčky will not have a significant impact on the baking time, so if some are longer than others, it will not have any impact.

4.3.4. Bent into a crescent shape and gently place on a baking sheet

4.3.5. Repeat with the remaining dough balls.

5. Proofing:

5.1. Prepare a brushing mixture by briefly hand-whisking **1 egg** with **¼ cup** of milk in a measuring pitcher (for whisking, you can also use a high-quality silicone brush) to create a brushing mixture, and then brush all the loupáčky (keep the rest for the brushing mixture for the second brushing).

- 5.2. Then let it proof in a warm place until it has about doubled in size – it doesn't need to be exact (usually about 30 minutes to 1 hour).

Important:

Watch carefully to prevent over-proofing.

6. Set oven to preheat to 380°F.

7. Baking:

- 7.1. Gently brush all the loupáčky with the remaining brushing mixture again and sprinkle with poppy seeds right before baking (when proofing to the final shape is completed).
- 7.2. Bake in a preheated oven until a nice and rich golden color is reached, which means the rolls are done (about 15 -20 minutes). Rotate the baking sheets in the middle of baking.
- 7.3. Test with a toothpick.
- 7.4. Let at least partly cool on the baking sheet or use a cooling grate for faster cooling.

Tips:

- You can increase the rising time for up to four hours based on your convenience.
- Fully cooled loupáčky can be frozen (they stay great in the freezer for up to a half year). Defrost in only two hours on the countertop.

Bonus recipe

It will be part of the class, but it's up to you whether you decide to prepare it as well:

Czech Rolls

12 rolls

Ingredients:

4 cups of bread flour

1 TBSP of active dry yeasts

1 TBSP of granulated sugar

2 TSP of salt

1 ¼ cups of lukewarm milk - about 90 to 100°F (preheat in the microwave or on the stove)

2 eggs

4 TBSP (½ stick) of butter - soft, cut into small pieces (room temperature)

Brushing mixture:

1 egg

¼ cup of milk

Optionally: Sprinkle with:

- Black and/or white sesame seeds
- Crushed pepper flakes
- Poppyseeds
- Sunflower seeds or any other kind of seeds
- Sea salt (do not use if you are going to freeze or refrigerate the rolls; it will make them soggy)

Tools:

Measuring Spoons & Measuring Cups

Whisk

Kitchen Mixer with Hook Attachment

Measuring Pitcher or Small Glass/Ceramic Mixing Bowl

Bowl Scraper

Plastic Wrap

Kitchen Towel

Kitchen Scale

Rolling Pin

2 Medium Size Baking Sheets with Parchment Paper or Silicone Mat

Silicone Brush or Pastry Brush

Cooling Rack

Directions:

Already prepared:

1. Dough:

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

- 4 cups** of bread flour
- 1 TBSP** of active dry yeasts
- 1 TBSP** of granulated sugar
- 2 TSP** of salt

Shortly stir with a hand whisk just enough to combine all ingredients (about 1 minute).

1.2. Add:

- 1 ¼ cups** of lukewarm milk
- 2** eggs
- 4 TBSP** of butter

Knead on low speed until all ingredients are partially incorporated (about 1 - 2 minutes).

1.3. Then increase the speed to medium-high and knead until all ingredients are fully combined and the dough is formed (about 3 - 4 minutes).

2. Rising the dough:

2.3. Remove the bowl from the kitchen mixer and cover it with plastic wrap.

2.4. Let it rise in a warm place until it has tripled in size (about 1 - 2 ½ hours).

Start here:

3. Pre-shape the dough into compact balls:

3.1. Place the dough on a **surface without flour** and separate it into 12 even pieces, about **3.2 OZ** each, using a bowl scraper and scale.

3.2. Form each piece of dough into compact dough balls with your hands.

3.3. Cover the balls with a dish towel and let them rest for about 10 minutes before the next step.

4. Shape the rolls:

Before you proceed:

- Shape rolls one by one on a surface that **does NOT have** flour.
- Make sure that the surface is perfectly clean (no residue of food, ingredients, etc.).
- Since the dough includes butter, it will not stick to the surface. If it occasionally does, use your bowl scraper to release the dough.

4.1. Using a rolling pin, flatten each piece of dough into a long shape (approximately 3 – 4" x 5 – 8").

4.2. Then, using your hands, roll the dough into a roll shape:

4.2.1. Hold both ends of the dough and start rolling and stretching it to the sides at the same time.

4.2.2. Then, roll the roll with both hands on a work surface to a final thickness of about $\frac{3}{4}$ ".

4.2.3. Place on a baking sheet and repeat with the remaining dough balls.

5. Proofing:

5.1. Prepare a brushing mixture by briefly hand-whisking **1** egg with $\frac{1}{4}$ cup of milk in a measuring pitcher (for whisking, you can also use a silicone brush) to create a brushing mixture, and then brush all the rolls (keep the rest for the second brushing).

5.2. Then let it proof in a warm place until it has doubled in size (usually about 20 minutes to 1 hour). Watch carefully in order to prevent over proofing.

5.3. Gently brush again all the rolls with the remaining brushing mixture right before baking (when proofing to the final shape is completed).

5.4. Optionally, sprinkle with sesame seeds, crushed pepper flakes, sea salt, or poppy seeds.

6. Set oven to preheat at 420°F.

7. Baking:

7.1. Bake in a preheated oven until a nice golden color is reached, which means the rolls are done (about 12 -15 minutes). Rotate the baking sheets in the middle of baking.

7.2. Test with a toothpick.

7.3. Then cool on a cooling grate.

Tips:

- You can increase the rising time for up to four hours based on your convenience.
- You can bake more rolls than you need and freeze them for later usage (they stay great in the freezer for up to a half year). Defrost in only two hours.

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.