



Yeast dumplings with poppy seed and vanilla sauce



To prepare the yeast dumplings

Pre-ferment: Combine all the ingredients to form a smooth dough, cover and leave to rise at room temperature for about 1 hour. **Main dough:** Using a metal bowl, beat together the milk, butter, sugar, vanilla sugar, salt, egg, and yolk in a bain-marie over a low heat. Add everything to a food processor, with the pre-ferment and the flour, and knead to a smooth dough. Shape into dumplings, place on a floured surface, cover with a cloth and leave to double in size. Flip the dumplings over, create a hole and stuff with the filling. Seal and transfer to a perforated baking tray. Dust lightly with flour, cover with a cloth and leave to double in size again. Steam in a Combi-Steamer for 25 minutes at 95 °C, on the hot air with steaming setting.

To prepare the prune filling

Lightly caramelize the sugar, pour in the red wine, add the prunes and reduce by half, stirring constantly. Finely purée everything.

Rezept für 4

Ingredients for the yeast dumplings

Ingredients for pre-ferment:

30 g fresh yeast

50 g flour

70 g milk

1 tsp sugar

Ingredients for main

dough:

500 g flour

1 pinch of salt

60 g sugar

70 g butter

250 g milk

1 egg

1 egg yolk

10 g vanilla sugar

Ingredients for the prune filling

200 g prunes

20 g sugar

100 g red wine

Ingredients for the vanilla sauce

250 g milk

250 g cream

1 vanilla pod

160 g egg yolk

85 g sugar

Ingredients for the poppy seed & sugar mix

75 g finely ground poppy

seeds

125 g icing sugar



To prepare the vanilla sauce

Using a metal bowl, beat all the ingredients together in a bain-marie over a low heat until the sauce thickens slightly.

To prepare the poppy seed & sugar mix

Mix the finely ground poppy seeds with the icing sugar.