



COOKING PASSION SINCE 1877

Blueberry Yeast Dumplings



Serves 4

INGREDIENTS

For the dough

125 ml warm **milk**
21 g fresh yeast
50 g sugar
350 g **flour** (Type 405)
1 pack vanilla sugar
3 **egg** yolks
100 g soft **butter**
Blueberries

For the vanilla sauce

200 ml **milk**
100 g **cream**
3 **egg** yolks (medium size)
½ vanilla pod
1 tsp **starch**
1 pinch of salt
3 tbsp ground poppyseed
3 tbsp icing sugar
3 tbsp **Panko bread crumbs**
(available in Asian food stores)

ALLERGENES HIGHLIGHTED IN
BOLD

PREPARATION

Mix warm milk, crumbled yeast and sugar in a mixing bowl. In a separate bowl, mix the flour and vanilla sugar, and form a small hollow in the centre. Sprinkle ½ tsp salt along the rim and place the egg yolks in the hollow. Now pour the yeast mix on the egg yolks and let the mix rest for 5 minutes until tiny bubbles appear on the surface. Add warm butter and knead into an even dough.

Place the bowl into the oven and leave for 30 minutes at dough proving 1. Remove and cover with a tea towel. Sprinkle flour on a surface and knead the dough well, then form it into a long cylinder. Divide in five equal pieces. Roll each piece into a round shape and flatten it further in the palm of your hand. Place 3-4 blueberries in the centre. Close the dough circles above the filling and roll into a round shape. Leave for 15 minutes with the seam facing downwards on a floured surface, covered with a moist tea towel.

Place the blueberry yeast dumplings on a perforated baking tray lined with baking paper and steam at 100°C for 20 minutes.

In the meantime, you could prepare the vanilla sauce: Cut the vanilla pod open (lengthwise) and remove the pulp. Dissolve the starch in a small cup of water. Add half of the milk, sugar, starch, vanilla pod and -pulp into a pot and bring to a boil while constantly stirring. Whisk the other half of the milk and the egg yolks until fluffy. Pour slowly into the warm milk mix and briefly bring to a boil. Remove from the hot plate and allow it to cool down. Serve immediately.