



Yeast Dumplings with Pear-Saffron Filling and Cashew Crumbs



Serves 12

INGREDIENTS

For the dumplings:

30 g **butter**
160 ml **milk**
½ cube fresh yeast (about 20 g)
400 g pastry **flour**
1 pinch salt
40 g sugar
1 tablespoon vanilla sugar
Peel from ½ organic lemon
2 **eggs**
1 **egg** yolk

For the pear-saffron filling:

2 pears
2 tablespoons whole cane sugar
10 g **butter**
50 ml dry **white wine**
Juice from ½ lemon
0.1 g saffron

For the cashew crumbs:

50 g **butter**
50 g salted **cashews**
70 g **breadcrumbs**
1 tablespoon whole cane sugar

ALLERGENES HIGHLIGHTED IN
BOLD

PREPARATION

For the dumplings, melt the butter in a small saucepan and let cool. Heat the milk until lukewarm (no hotter than 35°C). Crumble the yeast into the milk, add 1 tablespoon sugar, and stir until the yeast is dissolved. Let the yeast-milk mixture stand for about 10 minutes. In a mixing bowl, stir together flour, salt, sugar, vanilla sugar, and grated lemon peel. Add butter, the yeast-milk mixture, and eggs and stir until the dough is smooth and pulls away from the sides of the bowl. Place the bowl in the oven and let the dough rise for 30 minutes using dough proving stage 1.

In the meantime, prepare the filling. Peel the pears, cut them in half, remove seeds, and cut into pieces of about 1 cm. In a pan, caramelize the butter and sugar. Add white wine, lemon juice, and pear pieces. Simmer until most of the liquid has boiled away and the pear pieces are soft. Add saffron and stir well. Let cool.

Remove the risen dough from the oven. On a lightly floured surface, knead it thoroughly and divide it into 12 equal-sized pieces. Flatten the dough pieces by hand into disks about 1 cm thick. Place 1 teaspoon pear-saffron filling in the center of each disk, gather the edges of the dough around it, and press together firmly. Place the dumplings on a baking sheet lined with parchment paper with the seam sides down and with sufficient space in between. Cover and let rise for about 30 minutes. Cook the dumplings in the oven on shelf level 2 at 100°C steam setting for 12 to 15 minutes.

For the cashew crumbs, heat the butter in a pan until foamy. Chop the cashews coarsely and add them to the pan along with the breadcrumbs and sugar. Toast slowly over low heat until golden-brown.

Remove the yeast dumplings from the oven, sprinkle with cashew crumbs, and serve warm. If desired, you can also serve them with vanilla sauce or melted butter.