

heute gibt es...

Muffuletti



Ingredients(For about 24 pieces)

- 2kg flour
- 1 ½ Cube yeast (63g)
- 750ml lukewarm water + some “more”
- 10g gem. cinnamon
- 15g gem. black pepper
- 2T L gem. clove
- 15g save. anise
- 2 ½ heaped EL Anis (whole)
- 1 heaped tablespoon salt
- 3 THE neutral Öl
- Sesame to sprinkle
- Protein for brushing
- additional flour for the work surface

Preparation:

1. Mix the flour and all the spices together.
2. dissolve the yeast in a little water and add to the flour. Now everything knead, oil and portions add the water until the dough is smooth. The dough is sticky at the end, this is quite normal. If it should be too hard, then you must still incorporate some water. But take care that you there is not equal to adding too much!
3. Since the rolls have to rest afterwards, you should purpose flour the well a work surface. By good I mean really well here, so here goes, please do not skimp with the flour to as their later does not get otherwise the rolls away unscathed.
4. Now form small rolls from the dough. Your hands should you moisturize it well with water because it will be hard otherwise to the sticky dough.
5. The Muffuletti then place it on the floured surface, sprinkle with sesame seeds and as soon as the surface is dry cover with a blanket / cloth.
6. Once the rolls have reached twice the size, bake these brush with egg and bake in preheated oven at 250 ° C (conventional oven) until golden brown about 15-20 minutes.
7. Since the bottom of the Muffuletti will be very mealy, they must – preferably with the help of a knife – be entmehlt by lightly scratching.
8. The Muffuletti then fill for example, with tuna and cheese or sausage and enjoy.