

Buchteln

Preparation time: 20 min
plus rising time: 1 ½ hours
Baking time: 20-30 min
(depends on the sizes
of your Buchteln)
Oven temperature: 180°C | 350F



You Need

3/16 l | 160 ml / ⅔ cup milk
500 g | 3 ½ cups plain flour, sifted
80 g sugar
20 g yeast (or 2 packages dried yeast)
80 g | 1/3 cup melted butter
4 egg yolks
¼ tsp salt
½ pod vanilla scraped out
1 grated lemon peel
flour (for the work surface)
2 tbsp butter (melted)
1 glass fine apricot jam, without larger fruit pieces
icing sugar (for dusting)

For the vanilla sauce:
3 egg yolks
150 ml milk
125 ml cream
60 g sugar
1/2 pod of vanilla bean (cut
lengthwise)

Prepare a sponge with some of the lukewarm milk, yeast and a little bit of the sugar. Dust with a little flour and leave to rise in a warm place. The yeast is activated if the sugar and flour helped the yeast to form bubbles.

Melt the butter, the rest of the milk and the sugar with the vanilla over low heat. Add this to the flour, lemon peel, a pinch of salt, and one by one add the egg yolks. Knead into a semi-stiff dough. Cover with a cloth and leave to rise until the dough has increased considerably. That can take an hour and a half.

On a floured surface, roll the dough flat to about 2 cm. With a cutter, cut out pieces about 6 cm in diameter. That will help to have equal sized Buchteln. Place a spoonful of apricot jam in the middle, fold and close the edges tightly at the top. Dip each piece one by one into the melted butter and place them closely side-by-side in a well-greased baking tray with the folded edge facing down. Bake at 180 °C for about 20–30 minutes, until golden yellow. Separate them by hand when serving, and sprinkle with icing sugar. The vanilla cream is served on the side on the same plate, never poured over the Buchteln.

For the vanilla sauce, heat the milk and vanilla pod. Simmer for about 5 minutes. Beat the egg yolks and sugar. Gradually stir in the milk (without the vanilla pod) slowly, so the egg yolks do not clump when the milk heats them too quickly, put the pot back on the stove and keep stirring on medium heat until the sauce thickens slightly. Place the pot in a bowl filled with iced water and allow cooling, stirring now and again. When the sauce is cold, fold in some whipped cream. I personally like a warm sauce better.