

Snack for Czech Republic Lesson

Buchty (Yeast Buns)

Czech yeast buns and tarts (buchty a kolace) are another characteristic phenomenon of the Czech cuisine which appears even in a number of national fairytales. Yeast buns and tarts are small pieces of raised dough stuffed with sweet cottage cheese, ground poppy seed, plum-jam, or another special regional filling, and baked in the oven. Yeast buns are usually sprinkled with powdered sugar. Served after a sustaining soup, they once formed the main course.

Ingredients:

100 grams unsalted margarine
100 grams sugar
2 egg yolks
500 grams fine ground flour
1/4 liter milk
30 grams yeast.

Filling:

sweet cottage cheese, ground poppy seed, plum-jam

Directions:

Combine margarine, sugar and eggs with an electric mixer. Add flour, lukewarm milk, and the yeast mixture (yeast and a drop of milk). Knead the dough thoroughly and leave it to proof. Once the dough has risen, dust a flat surface with flour and roll out the dough to 1/2 inch thickness. Cut into squares, place filling of choice into center of the squares, and fold corners up to form parcels. Bake on a tray lined with baking paper, in an electric oven at 200 C, for approximately 20 minutes. While baking, keep moistening the top with a brush dipped in oil.