



## Ingredients 4 Portions

♦ = Kotányi Produkte

|         |                         |
|---------|-------------------------|
| 500 g   | Wheat flour 700, smooth |
| 100 g   | Spelt flour 700, smooth |
| 300 ml  | Water                   |
| 200 g   | Wheat sourdough, mature |
| 1 tbsp. | Poppy seeds             |
| 10 g    | ♦ Table Salt            |
| 1 tsp.  | ♦ Caraway, Whole        |

# Sourdough Mohnflesserl rolls

🕒 180–200 Min    ❤️ ❤️ ❤️

## Preparation

- 1 Combine all the ingredients for the dough in a bowl and knead until the dough comes away from the sides of the bowl.
- 2 Then cover the dough and leave to rise in a warm place for 4 hours.
- 3 After the dough has rested, place on a floured work surface and divide into pieces that are all roughly the same size.
- 4 Shape by hand into strands and braid, then leave to rise for another hour. Meanwhile, preheat the oven to 220°C (428°F).
- 5 Before baking, sprinkle the rolls with water followed by poppy seeds or caraway seeds, then bake for around 15 to 20 minutes at 220°C (428°F).

