



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).

