

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 (482°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).

Ingredients 4 Portions

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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	Archive: Table Salt
1 tsp.	Caraway, Whole