

Spiced Lye Rolls

100—120 Min

Preparation

1. Mix the flour with the yeast in a bowl. In a bowl dissolve the sugar and salt in warm water and mix with the flour. Now stir in the ground caraway and the butter and knead into a smooth dough.
2. Shape small balls from the dough about the size of golf balls. Arrange them on a baking tray (leave plenty of room between the little balls) then allow to rest for around 15 minutes.
3. While resting, mix the baking soda in with the water and bring to the boil.
4. Drop the rolls in the liquid for around 20 seconds each. Then drain well. Place back on the baking tray and chill for 40 minutes.
5. Heat the oven to 200°C (392°F) and bake the rolls for 25 minutes.
6. Enjoy while still warm with fresh spread.

Ingredients 3 Portions

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250 g	Flour
1 pkg.	Yeast, dried
1 tsp.	Sugar
150 ml	Water, warm
40 g	Butter
100 g	Baking soda
3 l	Water
1 tsp.	Caraway, Ground