Kipfel

Ingredients for Approximately 28 Kipfel:

1000g (4.349 cups) Flour
1/4l (about 1 cup) Milk
1 cake Yeast (42g) crumbled
1-2 teaspoons Salt
1 pinch Sugar
3 Eggs (1 egg to brush the Kipfel)
150g (.652 cup) Butter (more if you prefer crispier Kipfel)

Preparation:

Measure the flour into a large bowl and make a well in the center. Add the crumbled yeast and the pinch of sugar. Add the warm milk (approx. 1-2c./10-20g [2-4 teaspoons]). Combine the ingredients and let the yeast work.

Then add the remaining ingredients. **Note:** remember to save one of the eggs for the wash you will brush on the Kipfel before placing in the oven. Knead the dough. Let the dough rest until it has risen about double its size.

Divide the dough into 7 parts and roll each part into a ball. Roll out the first ball as shown in the picture.

Cut the rolled out rectangle of dough into four pieces. Set aside.

Take each of the four pieces and cut into a triangle shape as indicated by the red outline in the photo.

Start rolling up the dough. The first roll or two will hold.

While rolling with one hand, pull on the pointed end with the other hand until the dough is all rolled.

You should now have a small roll (croissant) before you. Pulling the two ends down slightly, you should have a crescent form. Place on a greased baking sheet or a baking sheet covered with parchment paper.

Continue with the remaining three pieces from this ball of dough. Then complete the same steps for the remaining six balls of dough. When finished you should have 28 Kipfel.
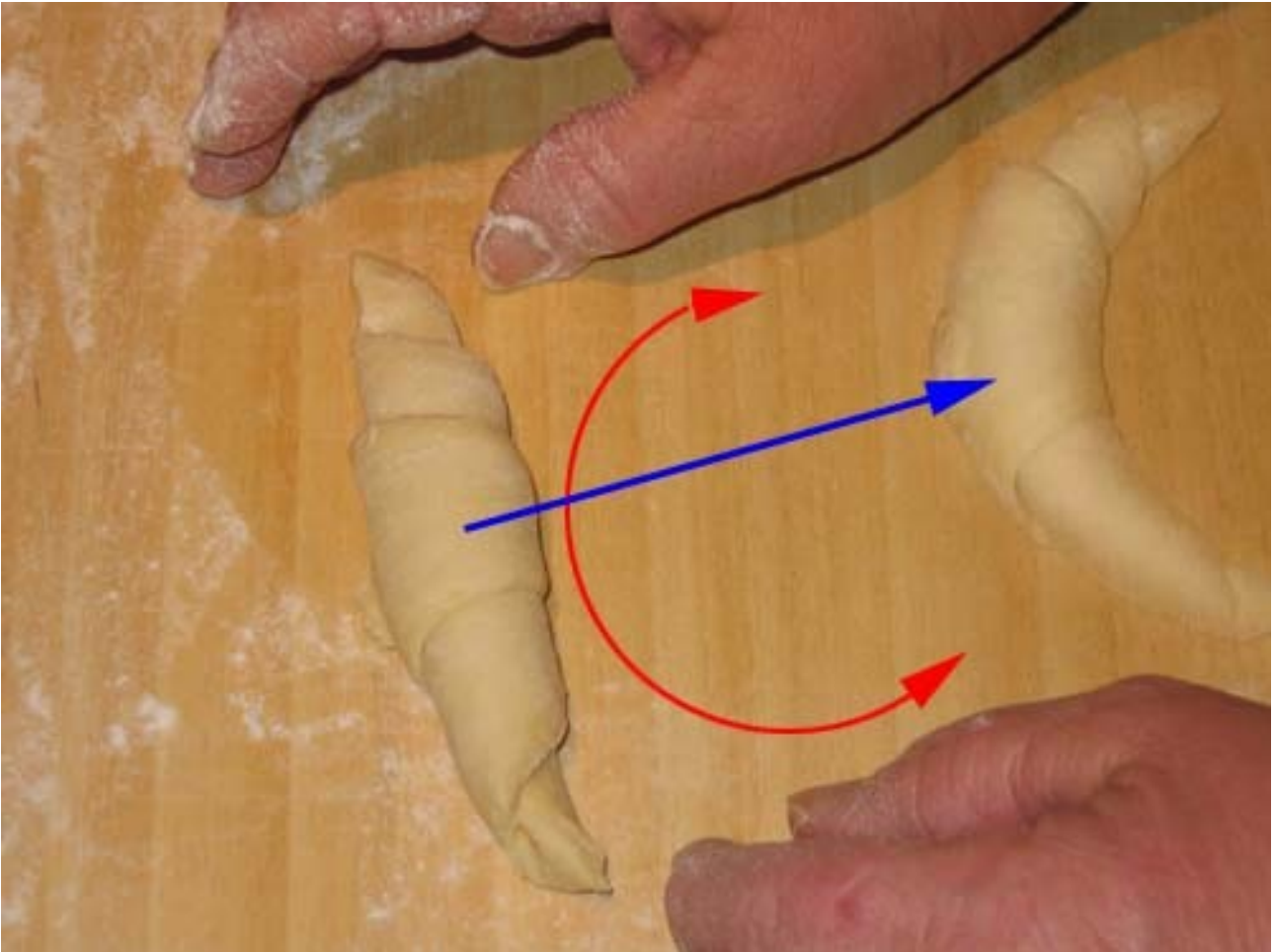
Beat the remaining egg with a fork and brush the top of the Kipfl.

Sprinkle salt and/or caraway seed on the top of the Kipfel.

Place the baking sheet(s) in the oven at either 170°C or 350°F. The baking time will depend on the stove and on the thickness of the Kipfel. They should have a lovely canary yellow color.

The results should appear as the photo below.

Good appetite!

Translation: Rose Mary Keller Hughes