

Easy & Tasty

RECIPTBOOK

DRIED YEAST



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EASY BUN

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CLASSIC GUGELHUPF

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ITALIAN PIZZA DOUGH

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CRISPY FARMER BREAD

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FINNISH CINNAMON SNAILS

EASY BUN

Delicious and Crispy Breakfast Rolls



Ingredients

12 g. (1,5 M.S.) **Dry yeast**
250 ml Milk
375 g White flour
1 Tea-S. Salt
1 Table-S. Honey
1 Table-S. OIL

M.S. =
Measuring-Spoon
(included)

Preparation

Mix all ingredients together and knead well for about 10 minutes.

Cover and let rise for 30 minutes.
Then knead again briefly for 2 minutes.

Shape buns:
Roll a piece of dough into a ball on a floury surface.
Then place on a baking sheet with baking paper (with enough space inbetween) cover with a cloth and let the rolls rise for 30 minutes.

Preheat the oven to 200 °.

Moisten the rolls on the surface with a little water and push them into the preheated oven at 200 °.

Bake for approx. 15-20 minutes at top and bottom heat until the rolls have the desired browning.

Enjoy the meal!

10

BUNS IN
60 MINUTES

CLASSIC GUGELHUPF

Tasty Yeast-Gugelhupf



Symbolfoto

Ingredients

16 g (2 M.S.)	<u>Dry yeast</u>
500 g	Flour milk
250 ml	Butter
200g	Sugar
75 g	Salt
1 Prize	Vanilla sugar
1 Pack	Eggs
4	

M.S. =
Measuring-Spoon
(included)

Preparation

Mix the flour and dry yeast in a bowl. Then add milk, soft butter, salt, sugar, vanilla sugar and eggs and mix again.

Cover and let rise for 40 minutes until the dough approximately doubles.

Grease Gugelhupf tin and dust a little with flour.

Fill the dough into the mold and slide it onto the second rail from below in the cold oven.

Open the oven and bake at 175 ° for 45-50 minutes.

Turn the cake out of the mold, let it cool and then dust with icing sugar.

Enjoy the meal!

Try..

ADD 20 G
KAKAO TO
MAKE IT GET A
GUGELHUPF
KAKAO

ITALIAN PIZZA DOUGH

Fast and Easy Italian Pizza Dough



Ingredients

8 g (1 M.L.)	<u>Dry yeast</u>
250 ml	Water
500 g	Flour
2 Table-S.	Olive oil
1 Tea-S.	Salt
1 Prise	Sugar

M.S. =
Measuring-Spoon
(included)

We
Recommend
Mozzarella &
Basil

Preparation

Mix the dry yeast, sugar, salt and olive oil well with the warm water.

Add flour and knead a smooth dough.

Cover and let rise for 40 minutes until the dough approximately doubles.

Roll out the pizza dough on a floury surface and top and season as you like.

Bake at 250 ° for 15-25 minutes.

Enjoy the meal!

CRISPY FARMER BREAD

Perfect Bread For Day and Night



Ingredients

8 g (1 M.L.)	Dry yeast
400 ml	Lukewarm water
300 g	Wheat flour (T405)
300 g	Wheat flour (T1050)
1 Table-S.	Sugar
2 Tea-S.	Salt
2 Tea-S.	Bread spice

M.S. =
Measuring-Spoon
(included)

BREAD SPICE

2 Table-S. Caraway seeds
2 Table-S. CORIANDER
2 Table-S. FENCHEL
2 Table-S. Anise
1 Tea-S. Pepper

Crushed

Preparation

Mix the flour (and bread spice), sugar and salt in a bowl.

Add dry yeast and the lukewarm water.
Knead everything well (machine or by hand) -
approx. 5 minutes until the dough becomes
smooth.

Cover and let rise for 60 minutes.

Knead the dough briefly on a lightly floured
surface and shape it into a nice loaf.

Place the loaf on a baking sheet with baking
paper, cover and let it rest for about 60 minutes.

Preheat the oven to 200 °.

Slightly moisten the bread on the surface and
push it into the preheated oven at 200 °.

Bake for approx. 40 minutes with top and bottom
heat.

Enjoy the meal!

FINNISH CINNAMON SNAILS

A Sweet Surprise For Allday



Ingredients

DOUGH

12 g (1,5 M.L.)	Dry yeast
500 g	Wheat flour
50 g	Sugar
1 Prize	Salt
1 Prize	Cardamom
1	Egg
5 Table-S.	Oil
200 ml	Milk

FILLING

75 g	Sugar
1 Tea-S.	Cinnamon
100 g	Butter

FOR COATING

1	Egg
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M.S. =
Measuring-Spoon
(included)

Preparation

Mix the troche yeast, flour, sugar, salt and cardamom. Then mix the lukewarm milk well with the flour mixture.

Add 1 egg and oil and knead everything well (machine or by hand) - about 5 minutes until the dough becomes smooth..

Cover and let rise for 30 minutes
Mix sugar and cinnamon.

Roll out the dough and brush with butter, then sprinkle with the sugar-cinnamon mixture, and roll out again briefly.

Form the dough into a roll and cut into approx. 10 pieces (3-5 cm wide pieces). Then push one side a little to get the shape.

Moisten the surface with egg, and bake at 180 ° for 20-25 minutes - sugar.

Enjoy the meal.

If there is anything else we can help with, let us know at any time.

best via email
office@proteinvital.at

Many thanks to the photographers from

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who made these photos for this recipe book available free of charge.

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