

Züpfе from the Emmental

Recipe by *Elsbeth Gerhard*

Ingredients: for 1 Züpfе

1 Kg Cake Flour

1½ Yeast (Gold Star Instant yeast)

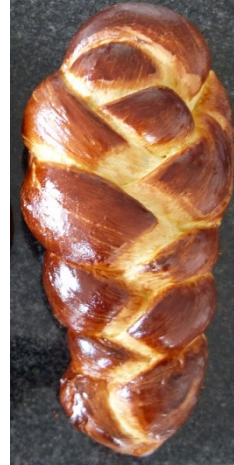
1 Table spoon Salt

1 Table spoon Sugar

150 g Butter

6.5dl Milk

3 – 4 Eggs



Preparation:

Use a large bowl and add Flour, Yeast, Salt and Sugar and mix well. In the middle of the mix create a hole and add an Egg, then mix with some of the flour mix.

In a separate pan melt the butter, keep aside to cool a bit off, then add the milk while stirring, (Milk should not be too cold). Careful that the butter does not separate, then add the butter milk mix in to the bowl.

Start to knead on a table with a bit flour as a base. Knead with your handball for about 20 min, in the end take the kneaded ball and smash it on the knead place. If the knead is gluey add some flour to it.

Place the kneaded ball into the bowl, cover it and leave it in the sun to rise to a double in volume. ± 30 min.

Take it out of the bowl and cut in half. Roll both half's into a strand of about 70 to 80 cm long.

Then plait the two strands into a strand, ("Zopf"). Leave it for 10min in a warm environment on an oven plate for a further rise. Then place it for 10 min into the fridge.

Set the oven in the meantime for 15 min at 220°C, then to 200°C, bake for 20 min in the middle of the oven, then 10 min on the bottom half. Bake only on a warm day.

The Züpfе can be frozen, packed in aluminum foil. Take the Züpfе a day before consumption out of the fridge a leave it to defrost. Next day place the Züpfе in an aluminum foil in the oven and briefly heat up. (10min @ 200°)

Cut the Züpfе when it is cold.