

## Bavarian Brezn - Do it yourself kit

You need 300 ml (about 10 oz) of cold water and 3 tablespoons of vegetable oil.

Step 1: Kneading the dough: mix the Brezn flour, dry yeast, 300 ml of cold water and the 3 tablespoons of oil, knead slowly for 4 minutes, then knead quickly for 7 minutes. As an alternative you may use a Thermomix/ Kitchen Aid to knead the dough for 10 minutes (firm dough).

Step 2: Rest the dough: put the dough in a bowl, cover the bowl and let it rest for 10 minutes

Step 3: Roll the dough: divide the dough into 13 even pieces, now lengthen each piece using a lot of strength to 10 cm, then lengthen each piece rolling it to a length of 50 cm (the middle part of each 50 cm roll must be a little thicker than the ends, they should be thin. Now take both ends into your hands and with a good swing of your right hand create a Brezn (this is how a baker would create this Brezn shape - we offer courses to show you how to bake a Brezn\*1). Alternatively you can also place both ends crosswise twice, then fold up each end to the top, place one end on about 9 o' clock the other to 3 o' clock - you should now have the form of a Brezn. Make sure that both ends are now attached to the other part of the dough, press them tight. (You may also use different shapes and forms e.g. form a heart or a mouse the QR-Code offers pictures of forms a shapes). Place the Brezn on bakery paper and let it rest in the refrigerator for about 30 minutes (the taste will even be better if you let it rest till the next day, time equals flavor!\*2) If you do not have much time let the oven preheat to 220° C ( 340° F) conventional heating.

Step 4: : Lye: fill 1 litter hot water from the tap into a shallow pot, put on rubber gloves and best protection glasses first and then carefully fill the lye into the pot, stir but make sure it does not splash. Use a plastic skimmer to completely dip the Brezn in the lye three times, then lay it on the bakery paper. Tip: if you do not need all Brezn, put the Brezn directly in the freezer after this procedure.\*3

Step 5:: Salting and baking: Now lay the Brezn on a baking tray, sprinkle the salt and put them in the pre-heated oven for 13-17 minutes depending on the browning you prefer. Then take the Brezn out of the oven and enjoy - be careful the will be very hot!

\*1 You find information on course, teaching you how to bake Brezn on our website.

\*2 If you decide to not use all Brezn after you created the Brez from just leave them in the refrigerator until the next day that follow the procedure from step 4 on wards. But the must then be put into the oven directly!

\*3 If not all Brezn are needed after they been put in lye they can be frozen without salt on them.

Once they are frozen you can stack them and be rapped in foil, but not for longer than 3 days!

If you want to bake the frozen Brezn take them out of the freezer, let defrost for about 10 minutes, then add the sold and put them in the preheated oven.