

GEBAK

SWEDSE TEERING

VOORKOMS: 30%

SMAAK: 70%

Kors

325 g koekmeel

10 g droë kitsgis

25 ml strooisuiker

65 g margarien/botter

3 ml sout

1 eier (geklits)

60 ml melk

80-100 ml sterk louwater

Vulsel

50 g sagte botter

100 g bruinsuiker

5 ml kaneel

100 g pitlose rosyne

75 g gekapte pekanneute

Bolaag

1 eier en 12,5 ml melk, liggies geklits

Glansversiersel

250 ml versiersuiker

glanskersies om te versier

25-30 ml kookwater

Metode

Sif meel en sout saam.

Voeg suiker en kitsgis by droë bestanddele.

Voeg melkmengsel, eier en louwater by om sagte deeg te vorm.

Knie deeg vir ongeveer 10 minute tot glad en elasties.

Bedek met gesmeerde plastiek en laat rus vir 20 minute op loutplek.

Knie die deeg af en rol in reghoek van 25 cm x 40 cm.

Room botter en kaneel en bruinsuiker, smeer oor deeg en strooi rosyne en gekapte neute egalig oor.

Rol die deeg van die lang kant af op.

Plaas op gesmeerde bakplaat en vorm ring, maak snye 2 cm van mekaar van die buitekant na binne (ongeveer twee-derdes na binne).

Draai elke skyf effe uit na bo sodat vulsel van ring sigbaar is.

Bedek met gesmeerde plastiek en laat rys ongeveer 40 minute op 'n warm plek tot dubbel die volume.

Verf eier-en-melkmengsel versigtig oor die rol.

Bak 20 – 25 min. in 'n voorverhitte oond by 180°C tot goudbruin. Laat effe afkoel.

Voeg kookwater geleidelik by versiersuiker en roer tot loperig,

“Drizzle” netjies oor en versier die rol met glanskersies.

AANBIEDING

Vertoon op 'n plat bord.

Wenke

Melkmengsel moet afkoel, maar nie te koud wees nie, so ook die sterk louwater, aangesien gis 'n lewende organisme is.

Deeg moet eerder sag, as te styf wees, vir beter rysproses.

Verroom sagte botter, bruinsuiker en kaneel goed, anders proe vulsel korrelrig.

Sny eindpunte van die rol gelyk vir netjiese voorkoms.

BAKING

SWEDISH TEA RING

APPEARANCE: 30%

TASTE: 70%

Crust

325 g flour

25 ml castor sugar

3 ml salt

60 ml milk

10 g dry yeast

65 g margarine/butter

1 beaten egg

80-100 ml tepid water

Filling:

50 g soft butter

5 ml cinnamon

75 g chopped pecan nuts

100 g brown sugar

100 g seedless raisins

Topping

12,5 ml milk and 1 egg lightly beaten

Glazing

250 ml icing sugar

25-30 ml boiling water

glazed cherries for decoration

Directions

Sieve flour and salt together.

Add sugar and dry yeast to dry ingredients.

Add mixture of egg, milk and warm water to form soft dough.

Knead the dough for approximate 10 minutes till smooth and elastic.

Cover with greased plastic and allow to rest in a warm place for 20 minutes.

Punch the dough down and roll into rectangle of 25 cm x 40 cm.

Cream butter, cinnamon and brown sugar, spread over dough and sprinkle nuts and raisins evenly.

Roll up starting with a long side.

Place on greased baking sheet and form into a ring, slice at 2 cm intervals from outside edge two-thirds of way towards centre.

Separate strips slightly and twist slightly to allow filling to show.

Cover with greased plastic and let rise until doubled, about 40 minutes.

Coat with egg and milk mix.

Bake in pre-heated oven at 180° for 20-25 minutes until golden brown, remove and let it cool.

Add boiling water to icing sugar and stir until smooth, runny consistency.

Drizzle over ring and decorate with cherries.

PRESENTATION

Show the tea ring on a flat surfaced plate.

Hints

Milk mixture as well as tepid water must not cool down too much as yeast is a living organism.

Dough must be rather too soft than too stiff for better rising.

Cream soft butter, brown sugar and cinnamon well for smooth texture.

Trim ends of roll for neat appearance.