

Babka with poppy seed filling

MARU[•]family



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Dough

250 g wheat flour
12 g yeast
40 g sugar
100 milk
1 egg
80 g butter
3 g salt

Take the butter out in advance so that it is at room temperature.

Dissolve the yeast in the warm milk (be careful not cold or hot) and leave for 10 minutes, stirring occasionally. Combine the dry ingredients in a food processor or by hand: salt, sugar, flour, then add the beaten egg and finally the milk-yeast mixture.

Knead for 5-7 minutes on 2-3 speed (or by hand) until the dough pulls away from the sides. Then gradually introduce the butter. At each step, use a spatula to scrape the dough off the sides of the bowl of the food processor. Once you have incorporated all the eggs, knead the dough for another 5 minutes.

The dough will be slightly sticky to the touch, transfer it to a bowl greased with vegetable oil and cover with cling film, then let it rise for 2 hours at room temperature. It should double in size during this time. Knead the dough every 30 minutes.

Degass the dough: press the dough with your fingers to release some air, or press the dough with your fist several times. Then, on a floured work surface, roll out the dough to form a rectangle (the length should be 3 times the width). The dough may be a little sticky because of the oil, dust the surface with flour to prevent the dough from sticking to the table. Cover the rolled out dough with clingfilm and put it in the freezer for 20-30 minutes to make it firm and easy to work with. Place the filling and roll up the roll. Pinch the dough at one end and cut into 2 strips lengthwise. Intertwine them and place the dough in a mold. Cover with clingfilm.

Let it rise in the mold for another 1.5 hours. Preheat the oven to 165-170C and bake the babka for 30 minutes until golden and a skewer comes out dry.

Cool the babka completely in the mold, then take it out and brush it with syrup.

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Filling

70 g poppy seeds
35 g sugar
100 g milk
Orange zest
5 g rum or Amaretto

Grind the poppy seeds in a coffee grinder. Place the poppy seeds, sugar and milk in a saucepan and cook over a very low heat until the poppy seeds have absorbed all the milk. At the end add the orange zest and alcohol. Let cool and use for the filling.

Syrup

30 g sugar
30 g water

Bring the syrup to the boil and boil for 1 minute. Soak the dough in the hot syrup.