



Vegan yeast plait

Delicious yeast pastry with a nut or chocolate filling and a beautiful crust. Deliciously refined with the plant-based butter alternative, Baking Oil Classic.

Zutaten

1 Portionen

Ingredients yeast dough

600 g Flour (type 550)

20 g fresh yeast

60 g Sugar

300 ml Plant drink, lukewarm

80 g Byodo Baking Oil Classic

1 EL Vanilla sugar

2 TL Zest of one organic lemon

1 level teaspoon Byodo sea salt

Byodo Baking Oil Classic

Nut filling ingredients (for 1 large or 2 small plaits)

300 g Nuts (e.g. walnuts, hazelnuts or almonds)

120 g Sugar

150 ml Plant drink

Chocolate filling ingredients (for 1 large or 2 small plaits)

200 g vegan chocolate cream

50 ml Plant drink, lukewarm

Zubereitung

Place the flour in a bowl and make a well in the center. Crumble in the yeast. Pour over about 1 teaspoon of the sugar and the lukewarm plant drink and stir gently until the yeast has dissolved a little. Add the remaining ingredients and knead until a smooth dough has formed (approx. 5 minutes). Cover the dough and leave to rise in a warm place for about 60 minutes until it has increased considerably in volume.

For the nut filling, finely chop the selected nuts or chop them in a chopper. Then mix with sugar and vegan plant-based drink. The mixture is enough for one large or two small yeast plaits.

Prepare the alternative chocolate filling just before assembling the plait. Simply mix vegan chocolate cream with a little lukewarm plant-based drink to make it easier to spread.

After the rising time, roll out the yeast dough into a large rectangle on a lightly floured work surface. For two smaller plaits, cut the dough in half beforehand and assemble the plaits one after the other.

Spread the desired filling evenly over the pastry. Roll up from the long side and carefully place on a baking tray lined with baking paper. Cut the plait in half lengthwise with a sharp knife and carefully fold the two strands over or under each other. Do not pull on the dough. For a particularly nice crust, spray the plait(s) with Byodo Baking Oil Classic and leave to rise again for approx. 30-40 minutes.

In the meantime, preheat the oven to 200 °C top/bottom heat. Place the yeast plait(s) in the oven on the middle shelf position and bake for 15 minutes. Then reduce the heat to 180 °C. Bake small plaits for a further 25-30 minutes, large plaits for approx. 40-45 minutes until nicely browned. If necessary, cover with some baking paper towards the end.