

Romanian-moldavian mucenici



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1/2 kg flour
125 g margarine
1 cup soy milk
125 g raw sugar
15 g dry yeast (40 g fresh yeast)
1 tsp. vanilla essence
zest of an orange / lemon (optional)
saffron / a pinch turmeric (optional, for the color)

Mix the saffron/turmeric with the soymilk.

Mix together the flour, yeast, sugar and margarine. Add the vanilla essence, soy milk, orange/lemon zest and knead for approx. 10 minutes.

The dough should not stick to the hands, if so add a little bit more flour. Cover with a clean kitchen towel and let rise in a warm place until doubled in volume (about one-one and a half hour).

Divide the dough into equal parts, roll each part on a work surface dusted with a little flour. Form "eights" and let it rise again.

Bake in pre-heated oven on medium heat until brown.

When cooled brush them with maple/agave syrup and sprinkle with crushed nuts.