Desserts / Moldova

Mucenici



Yeast figures of eight glazed with honey and walnuts for the day of the Forty Martyrs.

Time 125 min **Servings** 12

What you'll need.

- [ ] 600 g Flour
- [ ] 280 ml Warm milk
- [ ] 10 g Dry yeast
- [ ] 100 g Sugar
- [ ] 100 g Butter
- [ ] 2 piece Eggs
- [ ] 200 g Honey
- [ ] 200 g Walnuts — ground
- [ ] 1 piece Lemon zest
- [ ] 1 tsp Vanilla
- [ ] 1 tsp Salt

Let's make it.

01 Dissolve the yeast with a spoon of sugar in the warm milk and leave it to foam.

02 Knead a dough from the flour, sponge, eggs, sugar, zest, vanilla, salt and softened butter.

03 Let it rise somewhere warm for an hour and a quarter, until doubled.

04 Divide the dough into twelve and roll each into a forty-centimetre rope.

05 Twist each rope into a figure of eight, joining the ends, and set it on a tray.

06 Prove them thirty minutes and bake at 180 °C for twenty minutes, until golden.

07 Brush the hot mucenici with honey and cover them thickly with ground walnuts.

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