

Styrian Pumpkin Seed Oil Buns



Main dish

Kind of recipe



45 Minutes

Preparation

60 Minutes



middle

Severity



Ingredients for 4 people

125 ml lukewarm milk 20 g fresh yeast 1 tsp sugar 150 g pastry flour 2 eggs 3 Tsp Styrian Pumpkin Seed Oil P.G.I. 1 Tsp diced bacon 1 Tsp diced onion 1 Tsp Styrian pumpkin seeds, roughly chopped salt pepper 2 Tsp chopped fresh parsley white vegetable oil for frying ring forms

Preparation

Mix the lukewarm milk, yeast, sugar and some flour for the starter dough and set aside in a warm place for 10 minutes. Sauté the bacon and onions and let them cool down. Separate the eggs and blend the yolks and the rest of the ingredients with the starter dough and set aside for one hour. Then beat the egg whites and fold them in the dough, season with salt, pepper and chopped parsley. Bake the dough in a ring shaped form on both sides in a pan. These buns can be served as an appetizer with salad or with creamed vegetables as an entrée or main course. It also goes well with roasted meat dishes or warm with a glass of wine. Note: These buns are a Bohemian pastry, often filled with plum jam or stewed fruits.

**Recipe from Gemeinschaft Steirisches Kürbiskernöl /
Foto: Stefan Kristoferitsch**