

Basic recipe for yeast dough



You will need the following ingredients:

2x 150ml water



2x 300g flour



10g fresh yeast OR

1 packet dry yeast



1 tsp sugar



This is how you prepare the yeast dough:

1. Put warm water, yeast (in crumbs) and sugar in a container. Stir until the yeast has dissolved.
2. Now add half of the flour while stirring. Cover the dough and let it rest in a warm place for 30 minutes.
3. Now knead in the remaining flour. Then knead the whole dough well with your hands for about 5 minutes.
4. Cover the dough again and let it stand again for 30 minutes in a warm place.



Mix the dough again without yeast. What difference can you tell between a dough with yeast and one without yeast?