

## Finnish Munkki Recipe

### You need:

- 2 packages of dried active yeast (15g)
- ½ cup water
- 1 ½ cups milk
- 50 g warm butter
- 1 teaspoon salt
- ½ cup marble syrup (or honey)
- 2 teaspoon cardamom (spices which makes the black points in munkki)
- 2 eggs
- 6 cups of flour (1 cup = 140g, 6 cups = 840g)
- min. ½ liter oil (depends on your pot or pan)
- 50g of sugar
- 1 egg for the glaze and sugar



### How you do the dough:

- put the ½ cup of water in a big bowl
- pour the two packs of dried yeast over it and let absorb it for 5 minutes, mix
- add 1,5 cups of milk
- add 50g of fluid butter (warm up in pot or microwave) → easier to mix
- add 1 tsp salt, ½ cup of marble syrup, 2 tsp cardamom, 2 eggs
- add slowly 3 cups of flour (420g) and mix everything together
- add the remaining 3 cups of flour (420g) slowly until the dough is smooth, elastic and a bit sticky
- knead the dough with your fingers and hands and hit it on the table, so the yeast get active
- let the dough rise in a warm place under a towel **for 45 minutes**
- roll out the dough 1,3cm high and stamp out circles with a glass or cup, stamp out the little circle in the middle with a shot glass
- you can also cut a thin strip and roll it together that it looks like a donut, you can also form balls or munkkis without a hole
- don't make too big, because the yeast will still let the dough rise, maybe as big as your hand without fingers ;)
- let the raw donuts rise under a towel for another **30 minutes**



### Frying the donuts/ munkki:

- heat up ½ to ¾ liter oil in a big deep pan or pot for 5 minutes
- do 3 donuts in the oil in the same time and fry each side for 2 minutes
- take them out with ladle (big kitchen spoon with holes in it) and top them with egg by a brush on both sides, then toss them in sugar
- you can also make a glaze out of water and icing sugar in different colours
- munkkis are best serve warm and fresh

