

3. Frgal and Broccoli Soup 2025

Frgal – Large Kolach

2 large frgals (about 8 servings)

Ingredients:

Leaven:

½ cup of lukewarm milk - about 90 to 100°F (preheat in a microwave)

½ cup of bread flour (or All-Purpose)

2 TBSP of confectioners' sugar

1 TBSP of active dry yeasts (from well-sealed packaging or from a sealed container in the fridge)

Dough:

1 egg

½ cup of granulated sugar

1 stick (¼ LB) of butter (room temperature)

Lemon zest from 1 lemon

¼ TSP of salt

2 cups of bread flour (or all-Purpose)

¼ cup of lukewarm milk - about 90 to 100°F (preheat in microwave)

Brushing:

1 egg

Pear filling: *

1 LB of pear

½ cup of water

¾ cup of granulated sugar (optionally reduce to ½ cup for less sweet taste)

½ TSP of anise seeds

1 TSP of rum essence

1 TSP of Vanilla extract

¼ cup of breadcrumbs

Plum filling: *



1 LB plums or prunes (whole, fresh)

½ cup of water

¾ cup of granulated sugar (optionally, reduce to ½ cup for a less sweet taste)

¼ cup of breadcrumbs

*** Note:** The idea of this recipe is to prepare enough filling for one frgal. You can optionally just select one and double the amount to have same filling for both frgals. Optionally, you can simplify the process by using store-bought preserves or marmalade (no need to add any ingredients or heat it up). Each frgal should have at least 1 cup of filling, preferably about 1 ½ cups, and optionally up to 2 cups.

Streusel:

1 stick (¼ LB) of butter (room temperature)

½ cup of flour

½ cup of granulated sugar

Tools:

Measuring Spoons & Measuring Cups

Small Mixing Bowl (about 1 QT)

Whisk Kitchen Mixer with Whisk and Hook Attachment

Plastic Wrap

Rolling Pin

Bowl Scraper or Silicone Spatula

Measuring Pitcher or Small Glass/Ceramic Mixing Bowl

Silicone Brush

2 Medium Size Baking Sheets with Parchment Paper

Plate

Medium Sauce Pan or Small Pot (about 4 QT)

Wooden Spoon or High-Temperature Silicone Spatula

Immersion Blender or Food Processor or Blender

Pizza Cutter or Sharp Knife



Directions:

Already prepared:

1. Leaven:

1.1. Place into a medium mixing bowl:

½ cup of lukewarm milk

½ cup of bread flour

2 TBSP of confectioners' sugar

1 TBSP of active dry yeasts

Thoroughly stir with a whisk until fully combined (about 1 minute).

1.2. Cover with plastic wrap and using a knife, create 1 small hole to let the leaven breathe.

1.3. Set aside until it doubles in volume (about 15 – 30 minutes).

2. Dough:

2.1. Place into a kitchen mixer with a whisk attachment:

1 egg

½ cup of granulated sugar

1 stick (¼ LB) of very soft butter

Whisk on high speed until fully incorporated and a creamy texture is reached (about 2 - 3 minutes).

2.2. Add:

Leaven prepared in step 1

Lemon zest from 1 lemon

¼ TSP of salt

And whisk on high speed until fully incorporated (about 1 minute).

2.3. Replace the whisk attachment with a hook attachment and add:

2 cups of bread flour

¼ cup of lukewarm milk

Knead on slow speed until all ingredients are partially combined (about 1 minutes).

- 2.4. Then increase speed to high and knead until the dough is compact and stops sticking to the bowl – it can still have a little residue around the bowl but at least the majority of the dough should be unstuck during processing.

Important note:

This process can take 6 – 9 or even up to 10 minutes. At first the dough will seem too sticky but eventually it will start unsticking itself. If you go over 10 minutes and the dough is still way to sticky, add 1 TBSP of flour and process for a few minutes. That should solve the problem. If not, add one-by-one 1TBSP of flour and process again. Try to not add more flour than is necessary in order to reach a nice texture of frgal.

3. Rising the dough:

- 3.1. Remove the mixing bowl from the mixer and cover with plastic wrap (make one hole to let the dough breathe).
- 3.2. Let it rise in a warm place until it has doubled to tripled in size (about 2 hours).

Start here:

4. **Pear filling preparation** – filling for 1st frgal:
(Double the amount if you want just 1 kind of filling for both frgals).

- 4.1. Pear preparation:

- 4.1.1. Thoroughly clean the fruit under cold water.
- 4.1.2. Remove the core and stems. Do not peel.
- 4.1.3. Roughly chop into pieces.

- 4.2. Simmering:

- 4.2.1. Place a small saucepan on medium heat and add:

1 LB of chopped pears
½ cup of water
¾ cup of granulated sugar
½ TSP of anise seeds

Bring to a simmer with occasional stirring.

4.2.2. Cover with a lid, and cook for about 10 minutes with occasional stirring.

4.3. Finishing the filling:

4.3.1. Remove the lid and cook with occasional stirring to reduce the liquid to at least half of its' current stage, but not to the point that the sugar starts to caramelize (about 5 – 10 minutes).

4.3.2. Remove from the stove and while still in the pot, briefly process with an immersion blender (about 5 seconds).

4.3.3. Add:

1 TSP of rum essence

1 TSP of vanilla extract

¼ cup of breadcrumbs

And thoroughly stir.

4.3.4. Set aside for later step. It can be placed on the frgal while partially or fully cooled based on your convenience.

5. **Plum filling preparation** – filling for the 2nd frgal:
(Double the amount if you want just 1 kind of filling for both frgals).

5.1. Plum preparation:

5.1.1. Thoroughly clean the fruit under cold water.

5.1.2. Cut into halves and then remove the seed. Do not peel.

5.1.3. Roughly chop into pieces.

5.2. Simmering:

5.2.1. Place a small saucepan on medium heat and add:

1 LB of chopped plums

½ cup of water

¾ cup of granulated sugar

Bring to a simmer with occasional stirring.

5.2.2. Cover with a lid, and cook for about 10 minutes with occasional stirring.

5.3. Finishing the filling:

5.3.1. Remove the lid and cook with occasional stirring to reduce the liquid to at least half of its' current stage but not to the point that the sugar starts to caramelize (about 5 – 10 minutes).

5.3.2. Remove from the stove and while still in the pot, briefly process with an immersion blender (about 5 seconds).

5.3.3. Add:

¼ cup of breadcrumbs

And thoroughly stir.

5.3.4. Set aside for a later step. It can be placed on the frgal while partially or fully cooled based on your convenience.

6. Streusel preparation:

6.1. Place into a kitchen mixer with a whisk attachment:

1 stick of butter

½ cup of flour

½ cup of granulated sugar

And process on medium speed until fully combined (about 2 – 3 minutes).

7. Frgal forming:

7.1. Draw a circle on the parchment paper with a diameter anywhere between 11 – 12" (use your regular plate to get a perfect circle shape).

7.2. On a surface without flour, split the dough into half – each half will be one frgal – one with pear filling and the second with plum filling.

7.3. Place one piece of dough on each parchment paper.

- 7.4. Using a rolling pin, roll the dough to the edges of drawn circle until you reach a nice circle (during and/or after rolling, you can adjust the dough with a bowl scraper to reach an even better shape). Do not use any additional flour during forming the frgals.

8. Assemble:

- 8.1. Hand-whisk **1** egg in a measuring pitcher or in the mixing bowl (for whisking you can also use a silicone brush), and then brush the whole diameter of both frgals (no need to brush the center since that is where the filling will be).
- 8.2. Place filling in the center and then distribute evenly around the whole frgal – just leave about ½” of the edge of the diameter without filling.
- 8.3. Sprinkle both frgals evenly with streusel.

9. Proofing:

- 9.1. Let it proof at room temperature for about 10 -15 minutes before baking.

10. Baking:

- 10.1. Set oven to preheat to 370°F.
- 10.2. Place both formed and proofed frgals into the oven (convection ovens for this purpose work best, but you can bake both frgals together even in a regular oven).
- 10.3. Bake in a preheated oven until the frgal is baked (the edges turn to a nice, lightly brown, appetizing color). This usually takes about 14- 15 minutes.
- 10.4. Rotate the baking sheets in the middle of baking (approximately after the first 7 minutes of baking).
- 10.5. Remove from the oven and let fully cool or at least partially cool before serving (be aware that the filling is extremely hot after baking until fully cooled).
- 10.6. Optionally, poke air bubbles, when it applies. to release the air while cooling to make sure that the frgals are nicely flat when cooled.

11. Serving:

- 11.1. Cut into quarters or six slices.
- 11.2. Sprinkle with confectioners’ sugar right before serving.

Tip:

You can increase the proofing time up to 4 hours based on your convenience.

Broccoli Soup

6 servings

Ingredients:

- 2 TBSP** of frying oil - adjust if needed
- 1** large onion - peeled and chopped
- 3** medium potatoes – peeled and cut into large pieces
- 1** broccoli - with the stem and cut into large pieces
- 6 cups** of chicken or vegetable broth
- 1 cup** of heavy cream
- 3** cloves of garlic - peeled and grated
- 1 TSP** of salt *
- ½ TSP** of ground pepper

*This recipe assumes that you are working with a sodium free broth (a broth with no salt added). If you are working with a broth which includes sodium, adjust the amount of salt based on your preference.

Tools:

Measuring Spoons & Measuring Cups
Chef's Knife & Cutting Board
Large Sauce Pan or Medium Pot (about 6 QT)
Wooden Spoon or High-Temperature Silicone Spatula
Immersion Blender or Food Processor or Blender
Small Hand Grater or Garlic Press (for garlic)

Directions:**1. Sauté vegetables:**

- 1.1. Preheat a medium pot on medium-high heat with **2 TBSP** of frying oil and add:

1 large onion - chopped

Sauté with occasional stirring until glossy (about 2 - 4 minutes).

1.2. Add:

3 medium potatoes - cut into large pieces

1 broccoli - cut into large pieces

Sauté for an additional 2 minutes with constant stirring.

2. **Simmering:**

2.1. Add into the pot:

6 cups of chicken or vegetable broth

Briefly stir and cover with a lid. Bring to a simmer (about 195°F) with occasional stirring.

2.2. Lower the heat to medium and cook for 40 minutes with occasional stirring.

3. **Finishing phase:**

3.1. Process until smooth with an immersion blender (while still cooking in a pot).

3.2. Add:

1 cup of heavy cream

3 cloves of garlic - grated

1 TSP of salt

½ TSP of ground pepper

Briefly stir together and cook with occasional stirring for an additional 5 minutes (now without the lid).

3.3. Optionally, add water or broth if the liquid evaporates more than it should and then cook for an additional 3 minutes.

3.4. Taste and add salt and/or pepper if needed.

4. Serve with croutons or bread of any kind and a touch of thick sour cream.

Croutons

4 - 6 servings

Ingredients:

5 slices of bread - diced *

1 TBSP of frying oil

1 TBSP of Extra Virgin Olive Oil

¼ TSP of ground pepper - ideally freshly ground

¼ TSP of salt - ideally freshly ground

*Any kind of bread can be used, although croutons work best when made from white bread or baguettes.

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Large Fry Pan or Large Stir Fry Pan - Wok or Large Sauté Pan (12" or more)

Wooden Spoon or High-Temperature Silicone Spatula

Directions:

1. Place all ingredients into a cold fry pan and thoroughly stir until combined.
2. Set aside for about 5 minutes.
3. Then place the cold pan with croutons on a medium- high heat burner and sauté with constant stirring until crispy (about 5 minutes).
4. Serve hot or cold, based on your preference.

Disclaimer:

All steps in this recipe are just suggestions, and the author and/or publisher of this recipe is not responsible for the following:

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- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
- safety during preparation, including incorrect handling of equipment and the equipment's suitability for food preparation, improper cooking techniques, sourcing of ingredients, and anything related to the preparation and consumption of the products of this recipe

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