

What to prepare before the class:

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 a 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, Food Processor, or Blender

Pizza Cutter or Sharp Knife

Additional Preparation steps:

Aside from preparing the ingredients and tools listed above, please perform the following preparation steps before taking the class:

About 2 – 3 hours before class:

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
¾ 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).

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)

Additional Preparation steps:

No additional preparation steps needed.

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

Additional Preparation steps:

No additional preparation steps needed.

Please let me know if you have any questions: tom@cookinghub.com