



BIOSÜDTIROL

Organic farmer Walter serves: Sweet apple rolls

Preparation time: 30 minutes

Difficulty: easy

Ingredients for 10 rolls

500 g of organic spelt, freshly milled

1 tsp unbleached sea salt

350 ml of lukewarm water

20 g of yeast

1 tsp of cinnamon

1 tbsp of anise

2 tbsp of honey

50 g butter

3 Braeburn apples

2 tablespoons of raisins

5 dried dates

5 dried figs

2-3 tbsp of oily seeds or nuts (pumpkin seeds, sunflower seeds, walnuts)

Preparation

Wash the apples and chop into small pieces. Add cinnamon, anise, raisins, dates, figs and seeds or nuts. Put the flour into a bowl and add the salt. Mix the water, yeast and honey, add them to the flour and mix well. Now incorporate the apples and butter. The dough should be rather soft and not too solid. Put the mixture into a bowl and let it rise until it has doubled in size. Use a spoon to create individual portions, flour them and place them on a baking sheet, also floured. Cover with a dish towel and let them rise again. Bake in a preheated oven at 250 degrees Celsius (convection mode). After 5 minutes bring the temperature to 180 degrees and bake for another 25 minutes. Leave to cool on a wire rack, then serve with a smile.

Walter's tip

Apple rolls are a delicious treat at breakfast served with butter and honey. Enjoy!