

BACON RYE BUNS



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| 300 g rye flour | 150 g smoked bacon |
| 100 g barley flour | 150 g salted bacon |
| 20 g fresh yeast or 60 g starter | 1 large onion |
| 3-4 tbsp sugar | Ground black pepper |
| Pinch of salt | Caraway, sunflower, hemp seeds, or flax seeds (optional) |

1. Stir the yeast and one tbsp of sugar into a cup of warm water and leave in a warm place until bubbly.
2. Stir the flour, the rest of the sugar and the salt in a large bowl. Add the foamy yeast or starter along with 250-300 ml of warm water. Add the water gradually and watch the thickness of the dough. That will depend on the quality of the flour. If you press a ball of dough in your fist and it keeps its form, but is not hard, then the dough is fine.
3. Sprinkle the dough with rye flour, cover, and put in a warm place to rise for an hour or so. When gaps appear in the flour that you sprinkled, the dough is ready. If you used the starter, it would take longer to rise.
4. For the filling: peel the onions and then cut the bacon and the onions into small cubes. Add some ground black pepper and stir well to mix.
5. When the dough is ready, use damp or oiled hands to take a bit of dough. Gently flatten it. Put the filling into it, and then fold the buns and press with your fingers to seal the edges tightly. Put them on a greased pan with a distance of a few centimetres among them.
6. Sprinkle seeds on the buns if you wish. Bake them at a temperature of 200° C. When you remove them from the oven, leave them on the pan for a while to allow the fat to settle.
7. This recipe will yield buns with a crisp crust. If you want a softer one, use a damp kitchen towel or brush to smear the buns with water before covering them in a towel. Put the buns in a bowl after 10-15 minutes and cover with a towel.



Ilze Briede, a famous Latvian bread baker, calls bacon rye buns “the buns of strength”. Barley and oat flour can be added to the dough, while vegetarians can bake the buns with a mixture of cottage cheese and butter. Unlike barley flour dough, rye flour dough requires just one period of rising. When putting together the buns, be gentle to keep some bubbles in the dough.