

## 5. Frgal 2025

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### 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.

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**Disclaimer:**

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