

What to prepare before class:

## 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

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

**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).

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Please let me know if you have any questions: [tom@cookinghub.com](mailto:tom@cookinghub.com)