

Poppyseed Stollen (Mohn Stollen)

 Vegetarian

READY IN



265 min.

SERVINGS



8

CALORIES



482 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cream of tartar
- ☐ 1 eggs room temperature
- ☐ 2 eggs room temperature
- ☐ 0.5 cup ground almonds
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 teaspoons lemon zest
- ☐ 0.8 cup milk

- ☐ 2.5 cups poppy seeds
- ☐ 1 pinch salt
- ☐ 3 cups unbleached flour
- ☐ 3 tablespoons butter unsalted at room temperature
- ☐ 1.5 cups water
- ☐ 0.3 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ double boiler
- ☐ stand mixer
- ☐ kitchen towels
- ☐ spatula
- ☐ offset spatula

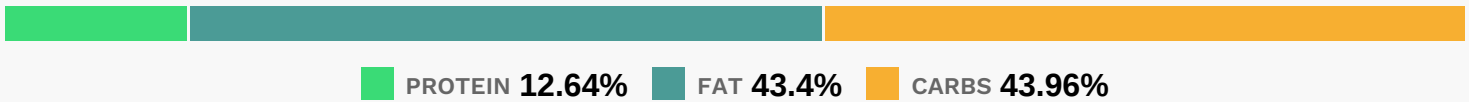
Directions

- ☐ First, make the fondant. It needs to be refrigerated overnight before using. To make the fondant, you'll need a marble slab or a baking sheet and an offset spatula to fold the candy. If you're using a baking sheet, rinse it with water, leaving a few drops on the pan.
- ☐ Dissolve the cream of tarter in the water in a heavy-bottomed saucepan.

- ☐ Add the sugar and bring the mixture to a boil over medium-high heat. Swirl the pan occasionally to help dissolve the sugar. Do not stir once the sugar syrup begins to boil.
- ☐ Heat to 240 degrees F (115 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- ☐ Immediately pour the candy onto the baking sheet or marble slab and let cool for 10 minutes. Use a spatula to vigorously knead the candy, folding it over itself. Knead until it begins to look cloudy, 5 to 10 minutes; allow it to cool.
- ☐ Transfer the fondant to a heatproof bowl or the top of a double boiler. Refrigerate overnight.
- ☐ To make the sponge, dissolve the yeast and 1 teaspoon sugar in 1/4 cup of the room-temperature milk.
- ☐ Pour the remaining 1/2 cup milk into the bowl of a stand mixer.
- ☐ Add 1 cup of flour and the yeast mixture.
- ☐ Mix with a fork to combine. Cover the bowl with a towel and allow to rest until bubbly, 10 to 15 minutes.
- ☐ Stir the remaining 3 cups of flour, 1/4 cup sugar, salt, room-temperature eggs, and zest from 1 lemon into the sponge. Use the dough hook to mix the dough on the lowest setting.
- ☐ Mix the dough for about 5 minutes, occasionally scraping the dough off of the hook and down the sides of the bowl.
- ☐ Increase the speed to medium-low and add the softened butter 1 tablespoon at a time until fully incorporated. Allow the dough to mix for an additional 5 minutes, scraping the dough down as needed.
- ☐ Add the ground almonds and turn the mixer on for 1 or 2 turns, mixing just until incorporated.
- ☐ Transfer the dough to a lightly floured work surface and shape it into a ball.
- ☐ Place the ball in an oiled mixing bowl and cover with plastic wrap and a kitchen towel and let it rise until doubled, 1 1/2 to 2 hours.
- ☐ While the dough is rising, prepare the filling.
- ☐ Heat the milk in a heavy 4-quart saucepan until it begins to boil; stir in the butter and sugar.
- ☐ Remove the pan from the heat and add the poppyseeds, 1 1/2 teaspoons of lemon zest, and the cinnamon.
- ☐ Let the mixture stand for 30 minutes to soften the poppyseeds. When the mixture is cool, whisk in the egg.

- ☐ Punch down the dough and roll it out into a 10 1/2- by 16-inch rectangle.
- ☐ Spread the filling evenly over the dough, leaving a 1-inch margin on all sides.
- ☐ Roll the dough up into a log, starting with the long side, and pinch the edges together to form a seam.
- ☐ Place the loaf, seam-side down, on a parchment-lined baking sheet. Cover it with greased plastic wrap or a well-floured kitchen towel and allow it to rise for an additional 30 to 40 minutes.
- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Bake the stollen until golden brown on the bottom of the loaf, about 40 minutes.
- ☐ Let the bread cool completely before glazing.
- ☐ To glaze the bread, add the lemon juice to the fondant.
- ☐ Place the bowl over a pan of simmering water, stirring frequently with a rubber spatula until soft and glossy.
- ☐ Pour the fondant over the stollen and allow it to cool before slicing.

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:28.39, Inflammation Score:-6, Nutrition Score:20.197826204093%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 481.67kcal (24.08%), Fat: 23.83g (36.66%), Saturated Fat: 5.41g (33.82%), Carbohydrates: 54.3g (18.1%), Net Carbohydrates: 46.22g (16.81%), Sugar: 10.92g (12.13%), Cholesterol: 75.41mg (25.14%), Sodium: 49.08mg (2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.24%), Manganese: 2.5mg (124.8%), Calcium: 513.15mg (51.32%), Selenium: 28.44µg (40.63%), Phosphorus: 374.81mg (37.48%), Fiber: 8.08g (32.31%), Magnesium: 125.79mg (31.45%), Copper: 0.62mg (30.81%), Iron: 4.05mg (22.52%), Vitamin B1: 0.33mg (21.68%), Zinc: 3.19mg (21.26%), Folate: 49.81µg (12.45%), Potassium: 366.01mg (10.46%), Vitamin B2: 0.17mg (10.04%), Vitamin E: 1.06mg (7.04%), Vitamin B6: 0.14mg (6.96%), Vitamin B5: 0.66mg (6.57%), Vitamin A: 259.07IU (5.18%), Vitamin B12: 0.28µg (4.66%), Vitamin D: 0.66µg (4.4%), Vitamin B3: 0.79mg (3.97%), Vitamin C: 2.25mg (2.73%)