

PRIVATE RECIPE



The recipe has been handed down in our family from my great grandmother. My mother would make buns on Saturdays and a quarter of the bun dough would make **platz**, if we were lucky enough to have rhubarb or plums or . . .

Platz

YEAST MIXTURE

3 tsp yeast
½ tsp sugar
2 T warm water

Place in bowl.
Let rise until bubbly.

OTHER INGREDIENTS

5 cups flour (If you use unbleached flour, add 1½ tsp lemon juice.)
1½ T white sugar
¼ tsp salt
¼ cup warm milk
1 medium egg, well beaten
2 T melted butter/margarine
1½ cups fruit

Put 4 cups of flour in a large bowl. Stir in sugar and salt.

Make a well in the centre. Add all liquid ingredients including yeast mixture. Mix to a smooth dough. Add the last cup of flour and knead lightly. You may need a bit more flour if the dough is too sticky.

Put dough in a greased bowl and pour 2 tablespoons melted butter/margarine over the dough. Cover and let rise until double in size.

Punch the dough down and let rise until double again. Do Not punch down again. Roll out the dough and line the bottom of a greased pan with it. Make sure it reaches all the corners. Cut rhubarb or plums or peaches or other fruit and place on dough. Sprinkle cinnamon over the fruit.

MORE INGREDIENTS

½ cup white sugar
2 T flour (rounded)
1 egg

½ tsp vanilla
1 tsp cream or milk

In another bowl, mix these ingredients together, using a fork or egg beater.

Drizzle the above mixture over the fruit on the dough in the greased pan. Let rise a bit.

Bake in 350° F oven for 25 to 30 minutes or until the surface is set and the top is golden. **Eat and enjoy!**



Note: I have also used plums that I froze in August and drained after defrosting. It made wonderful platz (see photo above)!

This dish makes a nice breakfast and a great dessert, cold or warm.

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