

## Raciones para 8

**8 gr** Dry yeast

**40 ml** Milk

**175 gr** Strong flour

**150 gr** Strong wholemeal flour

**170 ml** Kefir

**2** Yolk

**30 gr** Olive oil

**30 gr** Honey

Milk chocolate

- 1** Add the dry yeast to a bowl with lukewarm milk and let it ferment for five minutes.
- 2** Combine the flours in the bowl of a food processor (you can knead it by hand too) and add the kefir and the milk to the yeast mix.
- 3** Knead for one minute, then add the remaining wet ingredients (egg yolk, olive oil, and honey). Knead for 10 more minutes, shape the dough into a ball, and
- 4** Knead for one minute, then add the remaining wet ingredients (egg yolk, olive oil, and honey). Knead for 10 more minutes, shape the dough into a ball, and leave it to rest for an hour. Knead again to remove the air, then divide into 60g portions.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/bollos-pan-rellenos/>

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