

White spirals with pumpkin seed sprinkle



Ingredients:

- 600 g white wheat flour
- 1 dcl warm milk
- 200 ml kefir
- 20 g fresh yeast
- 1 tbsp sugar
- 1 tsp salt
- 1 egg
- 1 dcl creamy kefir or sour cream
- chopped roasted pumpkin seeds

White spirals preparation steps

Sieve the flour into a mixing bowl, make a hole in the flour and add warm milk. Milk should not be too warm or it will “kill” the yeast and the dough will not rise enough. Add crumbled yeast and 1 tbsp sugar, and wait for about 8 minutes for the yeast to start frothing. Add all other ingredients (room temperature) and knead into fairly soft dough. When the dough is no longer sticky, cover the mixing bowl and leave the dough to rest in a warm place and rise for about an hour. If the dough is

too sticky, add a little more flour.

Tip the dough onto a lightly flour dusted surface and knead gently. Divide the dough into 6 balls. With your hands, transform each ball into a roll, about 35 cm long. Twist the roll in the middle and create a spiral from its ends. Line the baking tray with greaseproof paper and place your spirals on it. Cover with a cloth and leave to rise for at least 30 minutes. Whisk the egg and the creamy kefir together and coat the spirals with this mixture, sprinkle them with chopped pumpkin seeds. Preheat the oven to 220°C and bake the spirals for 15-20 minutes. If you knock on the spirals and they sound hollow, they are done.

More kefir recipes are available [here](#).

Products used to prepare this recipe:



Kefir Fermenter

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