

Kouign-Amann - Queen Amann - Königin Amann - Bretonischer Butterkuchen



- Kommt aus dem bretonischen. Kouign → Kuchen, Amann → Butter
- Entstand aus Mangel an Mehl bei gleichzeitigem Überfluß an Butter und Zucker. Man packte soviel Zucker und Butter in den Teig, wie das Mehl überhaupt an sich binden konnte

FoodWishes.com

- <https://foodwishes.blogspot.com/2019/03/kouign-amann-queen.html>
 - food_wishes_video_recipes_kouign-amann_queen.pdf

	<p>Kopie des YT Videos</p>
<p>Video</p>	
<p>Youtube Kochanleitung</p>	<p>Kopie davon hier auf innerhalb des Kochbuch-Wikis</p>

Watch Video At: <https://youtu.be/RK7AAI6Zicw>

Zutaten für 12 Kouign-Amann:

Teig: 1 cup warm water 1 teaspoon dry active yeast 1 tablespoon sugar 1 tablespoon melted unsalted butter 2 1/2 cups bread flour, plus more as needed 1 teaspoon kosher salt

For the seasoned sugar (mix, taste, and adjust): 2/3 cup white sugar 2 teaspoons of sea salt or kosher salt (less if you're using a fine table salt) For the rest: 8 ounces ice cold unsalted butter (2 sticks) for the pastry 1 tablespoon melted butter for the muffin pan

Zubereitung

The fact that Kouign-Amann (Pronounced "Queen-a-mahn") have become a popular item in bakeries across America is quite a tribute to just how incredible they really are, since to stock something that

no one can spell or pronounce is generally considered a retail sales no-no. As you may know, I pride myself on mispronouncing things, but even I don't like to be corrected by a salesperson, and their judgmental, I can't believe you just said "kooeegan-aman" look.

Yet, despite the difficult name, they've thrived for the very simple reason that this is one of the world's great pastries. Maybe the greatest. I guess that depends on who you talk to, but the irresistible combination of sweet, salty, sticky, buttery, crispy, flaky, and tender, is hard to beat.

I guess you could just buy some frozen puff pastry, or croissant dough, and skip to the last step, but unlike many of those, the base here is a fairly lean bread dough, which I think is one of the secrets. A richer milk-based dough, which already contains lots of butter and sugar, won't necessarily provide the same contrast.

Speaking of secrets, I think the real magic of these is the salt. Apparently the authentic ones are fairly salty, and just as savory, as they are sweet, but you don't want to over do it. I suggest starting with less than I call for in your seasoned sugar mix, and then tasting on a wet finger to see where you're at. Then, add more until you think it's right.

Part of me hopes you have a bakery that does these nearby, so you can easily taste them for yourself, but another part of me hopes you don't, so you'll try to make them. Either way, you're in for a huge treat. Enjoy!

lapaticesse.com

- <https://www.lapaticesse.com/kouign-amann-bretonischer-butterkuchen-rezept/216/>
 - lapaticesse.com-kouign_amann_bretonischer_butterkuchen.pdf

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- <https://www.essen-und-trinken.de/rezepte/90949-rzpt-kouign-amann>
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