

Babà



🍷 For about 16 Babà

Ingredients

Dough

[Tinuccia's recipe - <http://mollicadipane.blogspot.com>]

300 g of flour manitoba
100 g of butter softened (75g for the dough + 25g for the moulds and moulding)
4 whole eggs plus two egg yolks
18 g of brewer's yeast
1 tablespoon sugar
2 pinches of salt

Syrup

750 ml of water
300 g sugar
300 ml rum

Stuffing

250 ml fresh cream
35 g of icing sugar
250 g raspberries



Method

Work with a fork sugar and butter, then add the crumbled yeast and continue to work until it is a homogeneous compound. Add the flour and eggs, and give a first mixed then add the salt. Put the compound into the mixer and work for 25-30 minutes, until it is elastic. Overthrow the dough on floured pastry board and proceed with the folders. Crush the dough to form more or less a rectangle, at this point, take one third of the overall rectangle and bend the two sides, left and right, one over the other, turn of 90 degrees and repeat the operation.

Butter the moulds and your hands. Get from the dough 16 balls wringing out the dough between the thumb and forefinger. Put the balls in the moulds, taking care to ensure that the smooth part remains upward. To obtain this, I suggest to put the ball of dough in the center of the palm of the hand with the cut off side up, then slide in the mould, this will roll positioning itself with the cut off on the base of the mould and the smooth to up. All of course with great patience and with yours hands always buttered, if not you sticks all :-)

Let rise in the oven turned off until they have arrived at the edge of the molds and have formed a cupul. Bake in preheated and static oven at 180 degrees for 20 minutes. Need to be controlled because it will be cooked when the part in the molds will be gold. Take out of the oven and cool on a grill.

Prepare syrup by boiling water and sugar for 5 minutes, turn off and add the rum.

Pour in the warm syrup babà and soak them well. Wring and put them on a serving dish.

You can fill with whipped cream and raspberries, as I have done, or serve them au naturel.