

# Bandura

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Made of sweet leavened dough in the form of a man, it is called bandura in the north-eastern part of the Czech Republic. There are many other regional names for the dough guy like Stutenkerl, Kiepenkerl, Weckmann, Klaaskerl, Hefekerl, Männele (in Alsace and Moselle), Boxemännchen (in Luxembourg), Grittibänz and Grättimaa (in Switzerland) and even Italians are supposed to know the pastry under the name Pupazzo dell'Avvento.

The pastry figure probably originally represented the bishop St. Nicholas.



## For the dough:

- 750 g flour
- 350 ml milk
- 100 g melted butter
- pinch of salt
- 100 g of sugar
- 20 g fresh yeast or 2 teaspoons of instant yeast
- pinch of anise
- grated lemon peel

## For the garnish:

- raisins and/or nuts and/or cloves for eyes, nose and mouth
- 1-2 egg yolks

In a pan, let the butter slowly melt (do not cook). When it is liquid, remove it from the hot plate and add milk.

Crush the yeast and mix in a little water.

Put flour and salt in a bowl and make a hole in the middle. Pour butter and milk into it, and add mixed yeast. Mix from the inside out, then knead the dough first in a bowl, then on a rolling pin. Knead the dough until it sticks and small bubbles form inside. If it is too dry, add a little water, if it is too moist, a little flour. It will take about ten minutes.

Let it rest in a quiet place until it doubles.

Create the figures, garnish with nuts, raisins or cloves and sprinkle with the yolk.

Bake in a preheated oven at **180 to 200 ° C** in the lowest position for around **20-50 minutes**, depending on how big the dough guys are.

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An idea from Wisamar's Advent Calendar 2020  
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