

# Heritage Recipes

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## Zephyr Buns

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## Zephyr Buns

Request: I am looking for a recipe for zephyrettes and can't find one. I have several hors d'oeuvre recipes that say "Serve on zephyrettes or pieces of toasted bread". Can you help?

Serving Size : 18

1 package active dry yeast  
2 tablespoons warm water -- 100-115 deg.  
2 tablespoons sugar  
1 teaspoon salt  
3 eggs  
2 cups all-purpose flour -- sifted  
1/4 cup melted butter  
1 teaspoon cool water

Soften the yeast in warm water and stir in the sugar to dissolve. In a bowl, beat 2 of the eggs and blend in the flour. Then stir in the yeast mixture and melted butter and salt. Knead vigorously in the bowl with the hands till the dough leaves the sides of the bowl and is elastic, about 5 minutes. Make into a ball, put in a buttered bowl, and cover with plastic wrap. Let rise in a warm, draft-free place for 1 1/2 hours, or until doubled in bulk. Punch down and divide into 18 equal pieces. Roll the pieces into balls and arrange, well separated, on a buttered baking sheet. Let rise 30 minutes, or until doubled in size. Brush with the remaining egg beaten with a teaspoon of water. Bake in a preheated oven at 375 degrees for 10 minutes, or until nicely browned. Cool on a rack.

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