

Basic Sweet Yeast Dough

Perfectly soft and fluffy yeast dough every single time

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INGREDIENTS

- 450g flour + extra as needed
- 50g sugar
- 25g fresh yeast (believe me it is worth it using fresh yeast :))
- 250ml warm milk (about 35°C) (I usually just test with a hand that it is warm to touch but not hot)
- 160g natural yogurt (10% fat)
- 75g soft butter



DIRECTIONS

1. Add flour at the bottom of the bowl of your standing mixer just to cover the bottom. Make a well in the middle.
2. Add the sugar into the well and crumb the yeast over the sugar.
3. Mix the warm milk with the yogurt. Make sure the yogurt is at room temperature before mixing it with the milk so that the whole mix remains warm. Then pour the mixture over the dry ingredients.
4. Cover with a towel for 15 minutes.
5. Then add the rest of the flour and the soft butter. Knead with a dough hook, first on a low setting and then on the high setting for about 5 minutes if using a standing mixer. With a hand mixer this might take longer, see video for how the dough should look by the end of mixing.
6. Sprinkle some flour over the dough, cover with cling film and then with a towel and allow to raise for at least an hour in a warm place. If it is very cold in your house you can also raise the dough in the oven. Heat your oven to 50°C and then turn it off. Place the dough with a heat proof bowl into the oven to raise.
7. Sprinkle some flour on a clean surface and transfer the risen dough onto the flour. Sprinkle over some more flour and start working the dough with your hands. At this point the dough might feel very soft, but don't worry about it. Add flour to the dough little by little until it starts to get a bit firmer and stops sticking to your fingers (see video). Add just enough flour for the dough to become soft and spongy. At this point it should also stop sticking to your fingers.
8. Use the dough right away to make sweet buns, cinnamon rolls or any other sweet yeast dough treat. (Recipe suggestions available on www.inthekitchenwithelisa.com)