

Alsacian Manalas



🕒 Preparation Time: 25 min - Cooking Time: 20 min - 🕒 Total Time: 45 min

Ingrédients pour faire des Manalas

- 375 g flour
- 60 g sugar
- 2 whole eggs
- 15 cl milk
- 75 g butter
- 1 packet of baker's yeast (8g) or 25g of fresh yeast
- Chocolate Chips or Raisins
- 1 Egg yolk for the frosting

Discover the delicious recipe for making manneles – the famous little brioche men of Saint Nicholas that young and old alike are snatching up! The amount provided with the dosage of ingredients above will allow you to make about 6 **Saint Nicholas brioches**.

Préparation of the Manneles dough

1. In a saucepan, warm half of the milk (be *careful, it should not be hot*) and add the yeast, then about 1/3 of the flour and mix.
2. Cover the sourdough container with a clean cloth and let rise for about 15 minutes.
3. In another saucepan, melt the butter with the other half of milk, without boiling. Add the sugar and salt, then let cool.
4. Now mix your two preparations while kneading.
5. Now add the eggs and the rest of the flour and knead the mixture until you have a homogeneous dough.
6. Once the dough is completely homogeneous, let the dough rise at room temperature for about 1 hour.
7. Once the hour has passed, knead the **mannela dough again**.
8. Return the **manala dough** to the bowl, cover with plastic wrap and let it rest overnight in the fridge.

Finalizing the manalas recipe

1. The next day, divide the **mannala dough** into six equal parts.
2. Prepare a baking tray and cover it with parchment paper.

3. Preheat the oven to 200°C.

4. **On each of the six parts of mannala dough you will need to do the following:**

- With about 1/4 of the dough, make a ball that you will place on the baking sheet (*this will give the head of the manala*)
- With the remaining 3/4, make a sausage.
- With food scissors, make an incision at the bottom to separate the legs. Gently separate the two legs with your fingers.
- Now make an incision at the top left and top right of the manala dough so that the little **brioche man's arms are made**.
- Glue the trunk to the head on the plate with a little egg yolk.
- Brown the **little guy** with a food brush and egg yolk.
- Decorate the little man of St. Nicholas with raisins or chocolate chips to make his eyes and the buttons of his sweater.

5. Bake for about 20 minutes and take out the **maneles** when they are golden brown...

Grandma's Tips:

- ▶ Note N°1: You can buy [mannela cookie cutters](#) for a handful of euros , which will save you from cutting for a perfect result!
- ▶ Note N°2: You can also decorate with chocolate icing [See recipe for [chocolate manalas](#)]
- ▶ Note N°3: If you have celiac disease, here is the [organic and gluten-free recipe for manalas](#).