

# Apple Bubble Ring

Recipe By *Brynie Greisman*



Cooking and Prep:  2  
h 35 m

Serves:  15

Contains:     

**Preference:** Parve

**Difficulty:** Medium

**Occasion:** Shabbat, Rosh  
Hashanah

**Diet:** Vegetarian, Pescetarian

**Source:** Family Table by  
Mishpacha Magazine

When my sisters and I were dating, my mother would try to have a yeast cinnamon cake or danish in the oven whenever we had a date, so the house would smell homey and welcoming. (If she was short on time, she sufficed with putting just cinnamon in the oven!) There is nothing quite like the tantalizing aroma of fresh yeast cake. This cake, filled with apples and pecans, smacks of fall. You will have just one ball, then another, then another ...

Check out our complete collection of [Rosh Hashanah recipes](#) for mains, sides, soups, desserts, and more inspiration for the holiday.

## Ingredients (16)

### Main ingredients

- 2 and 1/4 teaspoons [Gefen Dry Yeast](#)
- 1 cup [Gefen Soy Milk](#), warmed
- 2 tablespoons oil

- 1 egg
- 2 tablespoons + 2/3 cup sugar
- 1 teaspoon salt
- 1 cup **Shibolim Whole Wheat Blend** or other whole-wheat pastry flour
- 2 – 2 and 1/2 cups white flour
- 1 and 1/2 teaspoon dough enhancer
- 1 Granny Smith apple, peeled and chopped
- 1/2 cup finely chopped pecans
- 3/4 teaspoon cinnamon
- 3/8 cup margarine, melted

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## Icing

- 1 cup confectioners' sugar
  - 1/2 teaspoon **Gefen Vanilla Extract**
  - 3 – 4 and 1/2 teaspoons hot water or **Gefen Soy Milk**, warmed
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## Start Cooking

### Make the Bubble Ring

Yields 1 ring of at least 15 servings.

1. In a large mixing bowl, dissolve yeast in warm soy milk. Add two tablespoons oil, egg, two tablespoons sugar, salt, three cups of flour, and dough enhancer; beat until smooth. Stir in enough remaining flour to form a soft dough. Knead until smooth and elastic, about six to eight minutes.
2. Place dough in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about one hour. Punch dough down and then divide in half.
3. Cut each half into 15–18 pieces. Flatten each piece into a small circle.
4. Combine the apple, pecans, cinnamon, and remaining sugar; place one teaspoonful in the

center of each circle. Pinch the edges together, forming a ball. Seal edges. Dip in melted margarine.

5. In a greased 10-inch tube pan, place 15–18 balls seam-side down; sprinkle with three tablespoons apple mixture. Layer with remaining balls; sprinkle evenly with remaining apple mixture. (Don't be concerned if there are holes or if the dough is not even — it rises and looks beautiful). Save remaining margarine and drizzle over ring before baking, or discard.
6. Cover and let rise until nearly doubled, about 40 minutes. A few minutes before the end, preheat oven to 350 degrees Fahrenheit (180 degrees Celsius). Bake for 35–40 minutes or until golden brown. Cool for 20 minutes before removing from pan. Cool completely.
7. Combine icing ingredients; drizzle over ring. This freezes very well.

**Note:**

You can use all whole-wheat pastry flour, if desired. If using only white flour, dough enhancer is not necessary.