



MULTICEREAL DONUT WITH POOLISH

DOUBLE DOUGH BREAD WITH CEREAL AND SEED (MIXED LEAVENING NATUR ACTIVE AND BREWER'S YEAST)

DIFFICULTY LEVEL



FIRST DOUGH

INGREDIENTS

WHITE BREAD FLOUR - 240W

g 2.000

WATER

g 2.000

NATUR ACTIV

g 40

PREPARATION

-Mix all the ingredients for 2 minutes.

-Proof at 18-20°C for 18-22 hours. The next morning the dough should have triplicated its volume.

SECOND DOUGH

INGREDIENTS

MULTIGRAIN FIT

g 2.000

WATER - COLD

g 500

OROMALT

g 30

YEAST - BREWER'S

g 40

PREPARATION

-Start the dough with all the ingredients and only 200 grams of water.

-Add the remaining water little by little and keep mixing until you obtain a smooth and elastic dough.

-Let the dough rest at 28-30°C for 90 minutes giving a fold every 30 minutes.

-Scale the dough into 400g pieces.

-Shape into a preform

-Let the dough rest for 10-15 minutes at room temperature

-Roll up into loads, unite the two flaps creating a donut.

-Let it proof over floured trays at 28-30°C for 60-70 minutes.

-Bake with steam at 220-230°C for 25-30 minutes opening the valve 5 minutes before the end of cooking.



RECIPE CREATED FOR YOU BY MARCO DE GRADA

PASTRY CHEF, CHOCOLATIER AND BAKER