



GLUTEN FREE HAMBURGER BUNS

DOUGH

INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE

WATER - AT 37°C

YEAST

SALT

CASTER SUGAR

OLIVE OIL

g 1000

g 900

g 50

g 30

g 50

g 100

PREPARATION

Dough temperature at about 30°C.

-Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.

-Place the dough over some flour or rice semolina

-Roll out the dough to a thickness of about 2 cm.

-Stamp using a pastry ring with a diameter of 9,5 cm for hamburgers stamp of 10 cm.

-Place the dough into the stamps previously greased with oil.

-Place in the proofer room at 30°C for about 1 hour.

-Spray the surface with water and let the sesame seed adhere to the buns.

-Bake at 230°C with plenty of steam for about 15 minutes.

ADVICES:

-Water temperature must be at 37°C to have best workability, growth and proofing of the final product.

-It's possible to add to the basic recipe 100 grams of corn or buckwheat flour.