



## 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

WATER

NATUR ACTIV

g 2.000

g 2.000

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

WATER - COLD

OROMALT

YEAST - BREWER'S

g 2.000

g 500

g 30

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