



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