



## APPLE BUNS

### APPLE FLAVOURED BUNS FOR SWEET AND SAVOURY CANAPÉS

DIFFICULTY LEVEL



#### DOUGH

##### INGREDIENTS

CHIA & QUINOA BREAD  
WATER  
FRESH YEAST  
FRUTTIDOR MELA

g 1.000  
g 500  
g 40  
g 300

##### PREPARATION

Knead CHIA & QUINOA BREAD, water and yeast for about 10-12 minutes in a spiral kneading machine.

When the dough takes shape, add FRUTTIDOR MELA 90% and keep on kneading for a few minutes.

You will obtain a sticky dough, but, after the first rising time, this effect will already diminish.

Cover the dough well and let it rest for about 15 minutes at room temperature (22-24°C).

Divide the dough into portions, roll them up to sketch some loaves.

Let them rise at room temperature for another 10 minutes approximately.

Definitively shape the buns and let them rise upside down onto well floured cloths, at 28-30°C and with the 80% of relative humidity, for about 50-60 minutes.

##### FINAL COMPOSITION

Bake in a deck oven at 190-200°C, the baking time varies depending on the weight (consider about 20 minutes for 80g buns).

It is advisable to open the valve towards the end of the baking so as to allow buns to dry out well.