



FIG & WALNUT BUNS

BUNS FOR SWEET AND SAVOURY CANAPÉS

DIFFICULTY LEVEL



DOUGH

INGREDIENTS

CHIA & QUINOA BREAD

WATER

FRESH YEAST

DRIED FIGS

WALNUT KERNELS

HONEY

g 1.000

g 600

g 40

g 300

g 100

g 10

PREPARATION

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

When the dough takes shape, dried figs and walnut kernels, both coarsely chopped.

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 into the shape you prefer, then let them rise at 28-30°C, 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 and provide them with a crunchier outside.