

Bun with Guarana beans

INGREDIENTS

2 kg	GRANIX GUARANA	2,2 kg	WATER FOR SOAKING
8 kg	WHEAT FLOUR TYPE 550	1,2 kg	SUNFLOWER SEEDS
0,45 kg	YEAST	0,15 kg	BAKING AGENT BUN
0,1 kg	SALT	ok. 3,1 kg	WATER



A METHOD OF PREPARING

1

PARAMETERS

Weeding time: 3 + 7

Cake temperature: 27 - 28°C

Weight of the cake: according to the plant

Aging of the cake: 10 - 15 min

Final fermentation: 35 - 40 min

Baking temperature: 230°C - 210°C with steaming oven



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Baking time: according to weight

3

From all the ingredients above prepare a cake. Divide the mass into pieces of the desired weight in a breadcrumb separator. After pressing the dough, pass through the croissant maker and in the absence of it, roll it up manually.

5

After 3/4 of the time of final fermentation, cut along the billet.

2

Before preparing the dough, soak the mixture in the given amount of water for about 30 min (water temperature approx. 40 - 45°C).

4

Rollled billets on corrugated sheets, gently sprinkle with rye flour.

6

Bake with steaming oven. At the end of baking, drain the steam to obtain a crispy crust.

Bon appétit!

Smaczne



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