

Whole grain roll

Cuisine: **Czech**Food category: **Pastry**Author: **Vlastimil Jaša**Company: **Retigo**

Program steps

Preheating: **230 °C**

1	Combination	50 %	Termination by time	00:08 hh:mm	205 °C	100 %	
---	-------------	------	---------------------	----------------	--------	-------	--

Ingredients - number of portions - 12

Name	Value	Unit
whole grain wheat flour	500	g
butter soft	60	g
fresh yeast	17	g
sugar	12	g
water	350	g
salt	18	g
caraway seeds	3	g

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn

Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	189 kJ
Carbohydrate	27.7 g
Fat	5 g
Protein	5.9 g
Water	0 g

Directions

We pour the flour into a bowl and create a well in the middle. We pour part of the water into it, crumble the yeast, and add sugar. We cover the bowl and let it stand in a warm place for 15 minutes.

Once the yeast rises, we add the remaining water, butter, and salt. We knead a flexible dough and let it rise under a cloth in a warm place for about 1 hour.

We divide the risen dough into 12 equal pieces and form a ball from each. We stretch it into the shape of a triangle and then roll it into the shape of a crescent.

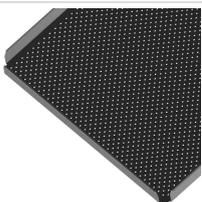
We slightly bend each crescent and place them with sufficient spacing on a baking sheet.

We cover the crescents with a clean cloth and let them rise for another 15 minutes.

Before baking, we brush the crescents with water (or beaten egg) and sprinkle with poppy seeds or caraway seeds.

We bake according to the specified program.

Recommended accessories



Perforated aluminium sheet, teflon coated