

Whole grain roll

Cuisine: **Czech**

Food category: **Pastry**



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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 |

Recommended accessories



Perforated aluminium sheet, teflon coated

Directions

Pour the flour into a bowl and make a well in the middle. Pour part of the water into it, crumble the yeast and add sugar. Cover the bowl and let it stand in the heat for 15 minutes.

As soon as the yeast rises, add the remaining water, butter and salt. We make a flexible dough and let it rise under a towel in a warm place for about 1 hour.

Divide the risen dough into 12 equal pieces and make a ball out of each. We stretch it into a triangle and then roll it into a roll.

We bend each roll slightly and place it on the baking sheet with sufficient spacing.

Cover the rolls with a clean towel and let them rise for another 15 minutes.

Before baking, brush the rolls with water (or beaten egg) and sprinkle with poppy seeds or cumin.

We bake the specified program.