

# Whole grain roll

Cuisine: Czech

Food category: Pastry



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## 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

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.

## Recommended accessories



Perforated aluminium sheet, teflon coated