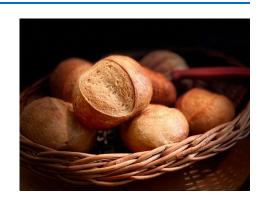
Retigo Combionline | Cookbook | **Pastry** 7. 10. 2021

# spelt roll

Cuisine: **German**Food category: **Pastry** 

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### Program steps

Pr	eheating: 265 °C					
1	• Pause			<b>3</b> 0 s		
2	<b>▶ ∴</b> Injection	<b>▶</b> 10 n		<b>@</b> 60 s	∆ 450 ml	
3	(Sin) Combination	<b>5</b> 0 %	Termination by time	<b>(2)</b> 00:03 hh:mm	<b>8≎</b> 250 °C	<b>+</b> 100 <b>X</b>
4	<b>&gt;&gt;&gt;</b> Hot air	100 %	Termination by time	00:12 hh:mm	<b>8≎</b> 230 °C	<b>1</b> 100 <b>X</b>
5	<b>\$\$\$</b> Hot air	0 %	Termination by time	<b>②</b> 00:30 mm:ss	<b>₿≎</b> 199	<b>+</b> 100 <b>X</b>

## Ingredients - number of portions - 10

Name	Value	Unit
spelled flour type 630	500	g
water	300	g
olive oil	20	g
salt	10	g
fresh yeast	2	g

#### Nutrition and allergens

Allergens:

Minerals: Ca, Fe, K, Mg Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	193.7 kJ
Carbohydrate	34.5 g
Fat	2.3 g
Protein	6.5 g
Water	0 g

#### Directions

- >> 12 hours before inserting into the oven:
- Mix the flour with the salt in a bowl
- Mix the water with the yeast and the olive oil and add to the flour
- Knead everything into a dough with your hand in the bowl
- Let rise covered for 12 hours at room temperature
- >> 1 hour before inserting into the oven:
- Beat the risen dough together several times
- Divide into 80g portions
- Grind under your hand (form into balls)
- Fold in several times (put tension in the dough)
- Place the dough pieces on a coated perforated tray and cover with a towel
- Let rise for 1 hour
- Preheat oven
- >> Shortly before inserting into the oven:
- Cut into pieces of dough
- Spray with water (pump bottle)
- Put in the oven

## Recommended accessories

