

spelt roll

Cuisine: German

Food category: Pastry

Author: Arnd Borchers

Company: HS-Pro GmbH



Program steps

Preheating: 265 °C

1	Pause	30	s				
2	Injection	10	n	60	s	450	ml
3	Combination	50	%	Termination by time	00:03	hh:mm	250 °C 100 %
4	Hot air	100	%	Termination by time	00:12	hh:mm	230 °C 100 %
5	Hot air	0	%	Termination by time	00:30	mm:ss	199 °C 100 %

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



Perforated aluminium
sheet, teflon coated