

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

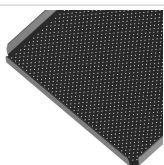
>> 1 hour before inserting into the oven:

- 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