

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