

# Harz crispy pieces

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

Author: **Arnd Borchers**  
Company: **HS-Pro GmbH**



## Program steps

Preheating: 255 °C

|   |             |      |                     |             |        |      |  |
|---|-------------|------|---------------------|-------------|--------|------|--|
| 1 | Combination | 50 % | Termination by time | 00:07 hh:mm | 240 °C | 80 % |  |
| 2 | Hot air     | 50 % | Termination by time | 00:07 hh:mm | 210 °C | 80 % |  |
| 3 | Hot air     | 0 %  | Termination by time | 00:04 hh:mm | 220 °C | 80 % |  |

| Ingredients - number of portions - 8 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| spelled flour type 630               | 410   | g    |
| rye flour                            | 25    | g    |
| fresh yeast                          | 7     | g    |
| salt                                 | 8     | g    |
| butter soft                          | 12    | g    |
| wheat semolina                       | 100   | g    |
| water                                | 245   | g    |

| Nutrition and allergens   |          |
|---|----------|
| Allergens: 1, 7<br>Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn<br>Vitamins: A, B, C, D, E, K |          |
| Nutritional value of one portion  | Value    |
| Energy  | 247.9 kJ |
| Carbohydrate  | 47 g     |
| Fat   | 1.9 g    |
| Protein   | 8.1 g    |
| Water   | 0 g      |

## Directions

>> Pre-dough

- 65g cold water
- 3.5g yeast
- 100g spelled flour 630
- 2.5g salt

Mix the flour with the salt. Dissolve the yeast in the water. Then mix everything in a bowl and knead by hand. Sealed at 4-5 degrees and put in a fridge for 3 days.

>> Main dough

- 165g pre-dough
- 310g spelled flour 630
- 25g rye flour 1150
- 180g lukewarm water
- 12g butter
- 5.5g salt
- 3.5g yeast

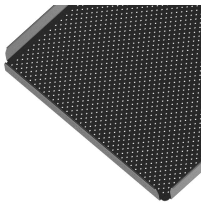
Dissolve the yeast in the water in a separate container. Mix the flour with salt in the kneading bowl. Add the pre-dough, then add the butter and yeast water. Knead everything for 5 minutes on level 1 and then 5 minutes on level 2. The dough is now supple and comes away from the edge of the bowl. Let the dough rest covered for 90 minutes at 21 - 22 degrees. During this time, stretch the dough after half an hour and fold it twice.

Now divide the dough into 8 equal pieces and grind them

round. Place the shaped dough pieces end-side down on the baking tray and let rise until 3/4 done.

After cooking, spray the dough pieces on the surface with water (pump bottle) and dip them in the durum wheat semolina or rye meal. Make deep crosswise cuts and place in the oven. If necessary, rotate the trays during the baking process depending on the degree of browning.

## Recommended accessories



Perforated aluminium  
sheet, teflon coated