

Banh mi

Cuisine: South-East Asian

Food category: Pastry



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 175 °C

1	Combination	30 %	Termination by time	00:16 hh:mm	160 °C	80 %	
---	-------------	------	---------------------	-------------	--------	------	--

Ingredients - number of portions - 6

Name	Value	Unit
water	1500	g
fresh yeast	50	g
caster sugar	80	g
fine durum wheat flour	2100	g
salt	50	g

Nutrition and allergens

Allergens: 1

Minerals:

Vitamins:

Nutritional value of one portion	Value
Energy	1321 kJ
Carbohydrate	269 g
Fat	3.7 g
Protein	42.2 g
Water	0 g

Directions

Add ingredients to a stand mixer with dough hook attachment. Mix on high for 6-8 minutes until dough has formed a ball and clears sides of the bowl. Transfer to a bowl and round it into a ball. Cover and allow to ferment at room temp for 60 min or proof in blast chiller. The dough should have risen a lot. Punch it down to release some gas, then do a strength building fold. Then tuck and round into a ball as you did before, cover, and let ferment at room temp or in blast chiller for another 60 minutes. The dough should have risen a lot again. Flour dough and work surface and divide it into 6 equal pieces (about 150g each). Preshape each piece into a ball. Once preshaped into balls, cover with a damp towel to relax for 15-20 minutes. Shape baguettes and place into a pan. Cover shaped baguettes with damp towel and proof for 45 min in blast chiller. When baguettes are proofed and ready to bake, they should indent when you poke them, then slowly bounce back. Score diagonally across the top of each and place in oven. Loaves are done when toasty and golden brown.

Recommended accessories



Perforated aluminium sheet, teflon coated