

Banh mi

Cuisine: South-East Asian

Food category: Pastry



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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