

# Gluten-free pastries

Cuisine: Czech  
Food category: Pastry

















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## Program steps

Preheating: 205 °C

1	 Combination	 80 %	 Termination by time	 00:05 hh:mm	 220 °C	 100 %	
2	 Hot air	 100 %	 Termination by time	 00:10 hh:mm	 190 °C	 100 %	

## Ingredients - number of portions - 10

Name	Value	Unit
gluten-free flour	0.5	kg
water	0.5	kg
fresh yeast	0.03	kg
salt	0.01	kg
caster sugar	0.03	kg
5 tbsp vegetable oil	0.03	kg

## Nutrition and allergens

Allergens:  
Minerals: Cu, Mg, P  
Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	223.8 kJ
Carbohydrate	44.6 g
Fat	4.1 g
Protein	2.1 g
Water	0 g

## Directions

Mix lukewarm water and yeast in a bowl, add gluten-free flour, salt and sugar and make a smooth dough. Then add the oil, mix and leave to rise in a warm place for at least 45 minutes. The dough should double in volume.

Roll out the desired shapes from the dough.  
Decorate the pastry with coarse salt, cumin, poppy seeds, sesame seeds, and cheese.

Bake in a preheated convection oven.  
If necessary, adapt the baking time to the size of the products.

## Recommended accessories



Perforated aluminium sheet, teflon coated