



GLUTEN FREE HAMBURGER BUNS

DOUGH

INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE
WATER - AT 37°C
YEAST
SALT
CASTER SUGAR
OLIVE OIL

g 1000
g 900
g 50
g 30
g 50
g 100

PREPARATION

Dough temperature at about 30°C.
-Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.
-Place the dough over some flour or rice semolina
-Roll out the dough to a thickness of about 2 cm.
-Stamp using a pastry ring with a diameter of 9,5 cm for hamburgers stamp of 10 cm.
-Place the dough into the stamps previously greased with oil.
-Place in the proofer room at 30°C for about 1 hour.
-Spray the surface with water and let the sesame seed adhere to the buns.
-Bake at 230°C with plenty of steam for about 15 minutes.

ADVICES:

-Water temperature must be at 37°C to have best workability, growth and proofing of the final product.
-It's possible to add to the basic recipe 100 grams of corn or buckwheat flour.