



GLUTEN FREE HAMBURGER BUNS

DOUGH

INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE

WATER - AT 37°C

YEAST

SALT

CASTER SUGAR

OLIVE OIL

PREPARATION

- g 1000 Dough temperature at about 30°C.
- g 900 -Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.
- g 50 -Place the dough over some flour or rice semolina
- g 30 -Roll out the dough to a thickness of about 2 cm.
- g 50 -Stamp using a pastry ring with a diameter of 9,5 cm for hamburgers stamp of 10 cm.
- g 100 -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.