



TYROLEAN DOUGHNUT

STEP 1

INGREDIENTS

SOFT BREAD 50%
WHITE BREAD FLOUR - 240W
SALT
UNSALTED BUTTER 82% FAT - OR MARGARINE
EXTRA VIRGIN OLIVE OIL
FRESH YEAST
CASTER SUGAR
WATER

PREPARATION

g 1000 Knead for 3 minutes on first speed and for 9-10 minutes on second speed. Specified times are for the spiral mixers, knead until you obtain a smooth and elastic dough.

g 1000

g 5 Let the dough rest for 20 minutes at room temperature and then divide it into 50 grams pieces.

g 130 Roll up the dough pieces into balls and let them rest for 5 minutes at room temperature.

g 100 Dimple the dough balls creating a hollow and stuff with speck and mozzarella cubes. Close the dough creating stuffed balls.

g 50

g 30 Place in the blast chiller at a negative temperature for 20 minutes.

g 1000 Brush the balls still frozen with egg wash and then bread with sliced almonds.

Place on trays covered with parchment paper and sprinkle with a little flour.

Place in the proofer at 28-30°C for about 2 hours.

Fry in a vegetable oil at 180°C for 5 minutes until they reach the golden brown.



RECIPE CREATED FOR YOU BY PIERO GERVASI

PASTRY CHEF

