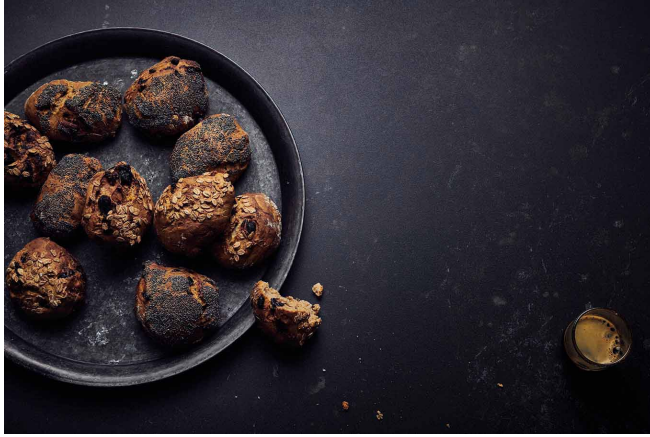




Fruit rolls

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Resting time	20 Mins
Cooking time	1 Hrs 25 Mins
חיבור	12
התקן	CombairSteamer V2000 from 2021

wholemeal rolls with dried fruit and nuts

Dough

- 300 g light spelt flour
- 200 g spelt wholemeal flour
- 1½ tsp salt
- ½ cube of yeast (about 20 g)
- 300 ml water
- 50 g butter, soft
- 100 g dried apricots, coarsely chopped
- 100 g dried figs, coarsely chopped
- 100 g dried prunes, coarsely chopped
- 50 g walnut kernels, coarsely chopped
- 50 g sultanas

Shaping

- Some spelt flakes
- Some poppy seeds

Dough

Knead all the ingredients up to and including the butter in a bowl into a soft, smooth dough. Add the rest of the ingredients and knead well into the dough.





Shape the dough into a ball. Put in a bowl and place in the bottom of the cooking space. Allow to rise at 32 °C for 1 hour until double in volume using the professional baking proofing mode.

Shaping

Divide the dough into 12 portions and shape into balls. Brush the balls with water, sprinkle with spelt flakes or poppy seeds and press down lightly.

Put on a lined baking tray and score a cross into the top of each roll.

Allow to proof for 20 minutes.

Baking

Preheat the cooking space to 190 °C using the professional baking flour-dusted mode.

Bake the fruit rolls in the middle shelf position for 25 minutes.

Allow the fruit rolls to cool down on a wire rack.

Cooking steps

Professional baking proofing 32 °C for 1 Hrs

Continue working the dough after it has risen.

(Pre-)heat cooking space to 190 °C with Hot air

Preheating finished. Put the food in.

Professional baking rustic 190 °C for 25 Mins

אביזרים

Baking tray

Wire shelf

מידע נוסף

הופק ביום

26.01.2022

