



PUFFS

👤 Basic level

INGREDIENTS

FRIBOL

water

eggs

fresh yeast

PREPARATION

1.000g FRIBOLg 1.000 Water 20-24°C g 200 Whole eggs g 200 Yeast g 50 DOUGH:
200g knead until a smooth, velvety consistency is obtained, roll up and leave to
200g rest at room temperature (20-24°C) for 10-15 minutes. METHOD: roll out the
30-50g dough and fold it on itself to form three layers; repeat this process three
times for a total of three folds of three; leave to rest for 5 minutes. Roll out the
dough to a thickness of about one centimetre and form shapes using a 7-8
cm diameter pastry cutter. Put in a rising room at 28-30°C with relative
humidity of about 70% for 40-50 minutes. FRYING: fry in oil at a temperature
of 180-190°C then dust the puffs with BIANCANEVE HR.