

# PUFFS

Basic level

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|---|---|
| FRIBOL | 1.000g |
| water | 200g |
| eggs | 200g |
| fresh yeast | 30-50g |

FRIBOLg 1.000 Water 20-24°C g 200 Whole eggs g 200 Yeast g 50 DOUGH: knead until a smooth, velvety consistency is obtained, roll up and leave to rest at room temperature (20-24°C) for 10-15 minutes. METHOD: roll out the 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.

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