



DONUTS

chef Basic level

INGREDIENTS

FRIBOL

water
eggs
fresh yeast

PREPARATION

1.000g DOUGH: knead until a smooth, velvety consistency is obtained, roll up and 200g leave to rest at room temperature (20-24°C) for 10-15 minutes. METHOD: roll 200g out the dough and fold it on itself to form 3 layers; repeat this process 3 50g times for a total of 3 folds of 3; leave to rest for 5 minutes, form shapes using a 9 cm diameter pastry cutter and make a 4 cm hole in the middle to give it the characteristic ring doughnut shape. 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 once cooled, glaze with COVERDECOR warmed up to 45-50°C and decorate at will.