



# CARAMEL BABÀ

👤 Advanced level



**RECIPE CREATED BY:**

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Pastry Chef

## BABA DONUT

### DOLCE FORNO MAESTRO

manitoba flour  
fresh yeast  
salt  
eggs  
unsalted butter 82% fat

500g  
500g  
20g  
15g  
1050g  
270g

In a planetary mixer with hook, mix DOLCE FORNO MAESTRO, flour, salt, yeast and only 600 grams of cold eggs.

Knead at speed 2 for about 10 minutes until a good gluten mesh is formed (do not exceed 23°C) Continue adding the remaining eggs little by little until completely absorbed, you will obtain a very soft but elastic dough.

Finally add the butter with a soft consistency in two or three times.

Let the dough rise in a proofer at 28-30°C for about 1 hour and in any case until it reaches doubled in volume.

Mix again in the planetary mixer with hook for another 4-5 minutes.

dress 30 g of dough for each single-portion silicone donut mould, and leave to rise for about 1 hour at 28/30 degrees.

cook at 170 degrees for about 16 minutes, blast chill, unmold and cut off any excess babà.

## BERGAMOTTO SYRUP

water  
sugar  
PROFUMI D'ITALIA BERGAMOTTO DI CALABRIA

250g  
250g  
100g

heat water and sugar

add perfumes of Italy Bergamot

cool and dunk donut at room temperature.

polish with mirror neutral heated to 50 degrees

cool down.

**irca**  
GROUP

**Extraordinary  
made simple.**

## CARAMEL GLAZE

### CHOCOSMART CARAMEL CRUMBLE

qb dip the babà half diagonally with Chocosmart caramel crumble, heated to 35 degrees  
cool down

## CARAMEL NAMELAKA

full-fat milk (3,5% fat)

GLUCOSIO

SINFONIA CARAMEL ORO

liquid cream

LILLY NEUTRO

250g

10g

350g

200g

40g

Heat the milk with the glucose to around 60°C, add the LILLY NEUTRO and mix with an immersion mixer.  
-Add the chocolate (and possibly the flavoring paste) while continuing to mix.  
- Add the cold cream slowly while continuing to mix.  
-Cover with cling film and refrigerate for at least 4 hours.  
- Whip in a planetary mixer at medium speed with a whisk until the required consistency is obtained (about 1 minute).

## FINAL COMPOSITION

Decorate the upper part of the babà with a tuft of namelaka and embellish with a SPEAR WHITE DOBLA