



# CARAMEL BABÀ

👨🍳 Advanced level

## baba donut

### INGREDIENTS

DOLCE FORNO MAESTRO

manitoba flour

fresh yeast

salt

eggs

unsalted butter 82% fat

### PREPARATION

500g In a planetary mixer with hook, mix DOLCE FORNO MAESTRO, flour, salt, yeast and only 600 grams of cold eggs.  
500g  
20g Knead at speed 2 for about 10 minutes until a good gluten mesh is formed (do not exceed 23°C)  
15g  
1050g Continue adding the remaining eggs little by little until completely absorbed, you will obtain a very soft but elastic dough.  
270g 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

### INGREDIENTS

water

sugar

PROFUMI D'ITALIA BERGAMOTTO DI CALABRIA

### PREPARATION

250g heat water and sugar  
250g add perfumes of Italy Bergamot  
100g cool and dunk donut at room temperature. polish with mirror neutral heated to 50 degrees cool down.

## Caramel Glaze

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### INGREDIENTS

CHOCOSMART CARAMEL CRUMBLE

### PREPARATION

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

## Caramel Namelaka

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### INGREDIENTS

full-fat milk (3,5% fat)

GLUCOSIO

SINFONIA CARAMEL ORO

liquid cream

LILLY NEUTRO

### PREPARATION

- 250g Heat the milk with the glucose to around 60°C, add the LILLY NEUTRO and  
10g mix with an immersion mixer.  
350g -Add the chocolate (and possibly the flavoring paste) while continuing to  
200g mix.  
40g - 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

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