

CEREAL AND SEED BAGEL

Intermediate level

Soft bagel with cereal and seed ideal to be stuffed.



RECIPE CREATED BY:

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Pastry chef

DOUGH

SOFT BREAD 50%	1000g
CEREAL PLUS 50%	500g
flour	500g
water	900-950g
olive oil	80g
fresh yeast	50g

Times and temperatures
Dough temperature at 26-27°C
Knead time (spiral mixer) for 13 minutes
Rest 5 minutes at 22-24°C
Proof 80-90 minutes at 28-30°C
Bake with steam at 230-240°C for 12 minutes

FINAL COMPOSITION

DOUGH - knead for 3 minutes on first speed and 9-10 minutes on second speed.
Specified times are for the spiral mixers, knead until you obtain a smooth and elastic dough.
REST - let the dough rest at 22-24°C for 5 minutes.
SCALE - divide the dough into 60-100g pieces.
SHAPE - roll up the pieces into loads and then unite the two flaps creating a donut.
Sprinkle over the surface sesame and poppy seed or DECORGRAIN.
PROOF - place into the leavening chamber at 28-30°C with relative humidity of about 75/80% for 60-70 minutes.
BAKE - bake with initial steam at 230-240°C for about 12 minutes
Once the bagels reach a core temperature lower than 25°C, pack them in polythene bags
If kept cool, the product can last up to 5-7 days.

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