



CEREAL AND SEED BAGEL

🏠 Intermediate level

Soft bagel with cereal and seed ideal to be stuffed.

Dough

INGREDIENTS

SOFT BREAD 50%

CEREAL PLUS 50%

flour

water

olive oil

fresh yeast

PREPARATION

1000g	Times and temperatures
500g	Dough temperature at 26-27°C
500g	Knead time (spiral mixer) for 13 minutes
900-950g	Rest 5 minutes at 22-24°C
80g	Proof 80-90 minutes at 28-30°C
50g	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.