

MEDITERRANEAN SNACK

Intermediate level

GRAN MEDITERRANEO	10.000g
water	5.000g
olive oil	400g
fresh yeast	400g

GRANMEDITERRANEOg 10.000 Water g 5.000 Olive oil or lard g 400 Yeast g 400 Platte croissant margarine g 3.000 Knead all the ingredients together, except for the margarine, until a very elastic dough is obtained. Leave to rest at room temperature for about 10 minutes. METHOD: roll out the dough, place the margarine in the centre and fold the dough over on itself so that the margarine is completely covered. Roll out the dough again and fold it on itself to form three layers. Repeat the rolling and folding procedures for a total of three folds of three and then leave to rest for 10-15 minutes. Finally roll out the dough once more to a thickness of about 6 millimetres and cut into the desired shapes: sticks, twists, bows, circles etc. leave to rise at 28-30°C for 30 minutes and then bake at 220°C, the time depending on the size of the snacks.

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