



# MEDITERRANEAN SNACK

chef Intermediate level

## INGREDIENTS

### GRAN MEDITERRANEO

water  
olive oil  
fresh yeast

## PREPARATION

10.000g GRANMEDITERRANEOg 10.000 Water g 5.000 Olive oil or lard g 400 Yeast g  
5.000g 400 Platte croissant margarine g 3.000 Knead all the ingredients together,  
400g except for the margarine, until a very elastic dough is obtained. Leave to rest  
400g 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.