

PANE GLUTEN FREE PER HAMBURGER

# GLUTEN FREE HAMBURGER BUNS

 Intermediate level

## Dough

### INGREDIENTS

#### PANE PIZZA & FOCACCIA GLUTEN FREE

water  
yeast  
salt  
caster sugar  
olive oil

### PREPARATION

- 1000g Dough temperature at about 30°C.  
900g -Mix all the ingredients at medium speed in a planetary mixer fitted with  
50g paddle for 5 minutes.  
30g -Place the dough over some flour or rice semolina  
50g -Roll out the dough to a thickness of about 2 cm.  
100g -Stamp using a pastry ring with a diameter of 9,5 cm for hamburgers stamp  
of 10 cm.  
-Place the dough into the stamps previously greased with oil.  
-Place in the proofer room at 30°C for about 1 hour.  
-Spray the surface with water and let the sesame seed adhere to the buns.  
-Bake at 230°C with plenty of steam for about 15 minutes.

### ADVICES:

- Water temperature must be at 37°C to have best workability, growth and proofing of the final product.  
-It's possible to add to the basic recipe 100 grams of corn or buckwheat flour.