



SOFT IRIS

👤 Intermediate level

INGREDIENTS

SOFT BREAD 50%

white bread flour
salt
unsalted butter 82% fat
extra virgin olive oil
fresh yeast
caster sugar
water

PREPARATION

1000g Knead for 3 minutes on first speed and for 9-10 minutes on second speed.
1000g Specified times are for the spiral mixers, knead until you obtain a smooth
5g and elastic dough.
130g Let the dough rest at room temperature for 20 minutes
100g
50g
30g
1000g

Final composition

Divide the dough into 50 grams pieces.

Shape the dough pieces into small balls and let it proof at 30°C for about one hour.

Bake at 220°C, with initial steam, for 12-15 minutes

Let it cool and store well covered for one night.

Dig a good part of the breadcrumb from the bottom of the ball but keep the top of the dough.

Stuff with: sauteed with oil and garlic cherry tomatoes, bechamel (high consistency) and mozzarella cubes.

Close the ball with the top previously set aside.

Mix the water, flour, and eggs to prepare a batter.

Dip the stuffed iris in the batter and bread with a mixture made of breadcrumb and MAIS DECO' (500g + 100g).

Bread once again and store in the fridge for 1 hour.

Fry in a vegetable oil at 180°C for about 5-6 minutes until they reach the golden brown.