



# TYROLEAN DOUGHNUT

chef Advanced 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 for 20 minutes at room temperature and then divide it

100g into 50 grams pieces.

50g Roll up the dough pieces into balls and let them rest for 5 minutes at room  
temperature.

30g Dimple the dough balls creating a hollow and stuff with speck and  
mozzarella cubes. Close the dough creating stuffed balls.

1000g Place in the blast chiller at a negative temperature for 20 minutes.

Brush the balls still frozen with egg wash and then bread with sliced  
almonds.

Place on trays covered with parchment paper and sprinkle with a little flour.

Place in the proofer at 28-30°C for about 2 hours.

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