



TYROLEAN DOUGHNUT

👤 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 and elastic dough.
5g
130g Let the dough rest for 20 minutes at room temperature and then divide it into 50 grams pieces.
100g Roll up the dough pieces into balls and let them rest for 5 minutes at room temperature.
50g
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.



RECIPE CREATED BY:

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