

Harz crispy pieces

Cuisine: **German**
Food category: **Pastry**

Author: **Arnd Borchers**
Company: **HS-Pro GmbH**



Program steps

Preheating: 255 °C

1	Combination	50 %	Termination by time	00:07 hh:mm	240 °C	80 %	
2	Hot air	50 %	Termination by time	00:07 hh:mm	210 °C	80 %	
3	Hot air	0 %	Termination by time	00:04 hh:mm	220 °C	80 %	

Ingredients - number of portions - 8

Name	Value	Unit
spelled flour type 630	410	g
rye flour	25	g
fresh yeast	7	g
salt	8	g
butter soft	12	g
wheat semolina	100	g
water	245	g

Nutrition and allergens

Allergens: 1, 7 Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn Vitamins: A, B, C, D, E, K	
Nutritional value of one portion	Value
Energy	247.9 kJ
Carbohydrate	47 g
Fat	1.9 g
Protein	8.1 g
Water	0 g

Directions

>> Pre-dough

- 65g cold water
- 3.5g yeast
- 100g spelled flour 630
- 2.5g salt

Mix the flour with the salt. Dissolve the yeast in the water. Then mix everything in a bowl and knead by hand. Sealed at 4-5 degrees and put in a fridge for 3 days.

>> Main dough

- 165g pre-dough
- 310g spelled flour 630
- 25g rye flour 1150
- 180g lukewarm water
- 12g butter
- 5.5g salt
- 3.5g yeast

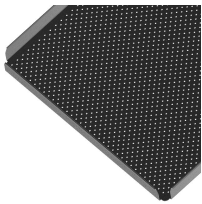
Dissolve the yeast in the water in a separate container. Mix the flour with salt in the kneading bowl. Add the pre-dough, then add the butter and yeast water. Knead everything for 5 minutes on level 1 and then 5 minutes on level 2. The dough is now supple and comes away from the edge of the bowl. Let the dough rest covered for 90 minutes at 21 - 22 degrees. During this time, stretch the dough after half an hour and fold it twice.

Now divide the dough into 8 equal pieces and grind them

round. Place the shaped dough pieces end-side down on the baking tray and let rise until 3/4 done.

After cooking, spray the dough pieces on the surface with water (pump bottle) and dip them in the durum wheat semolina or rye meal. Make deep crosswise cuts and place in the oven. If necessary, rotate the trays during the baking process depending on the degree of browning.

Recommended accessories



Perforated aluminium
sheet, teflon coated