

Mannela

Cuisine: **French**
Food category: **Pastry**



Author: **Chloé Lasseron**

Company: **Retigo**



Program steps

Preheating: 185 °C

1

 Hot air

 100 %

 Termination by time

 00:20 hh:mm

 180 °C

 80 %



Ingredients - number of portions - 8		
Name	Value	Unit
All purpose flour	500	g
dried baker's yeast	10	g
powdered sugar	75	g
salt	10	g
sweet butter	125	g
Milk	125	ml
chicken eggs	1	pcs
Egg (for egg wash)	1	pcs

Nutrition and allergens	
Allergens: 3, A, Dairy, Gluten Minerals: Ca, Co, Cr, Cu, F, Fe, I, Iron, K, Magnesium, Mg, Mn, Na, P, Phosphorus, Se, Zn Vitamins: A, B, C, D, E, K, Kyselina listová, Niacin, Thiamin	
Nutritional value of one portion	Value
Energy	380 kJ
Carbohydrate	56.8 g
Fat	13.4 g
Protein	6.9 g
Water	10 g

Directions

In the bowl of the stand mixer, add the egg, milk, sugar, salt, flour, and yeast.

Mix on speed 1 for 5 minutes to obtain a homogeneous dough.

Knead on speed 2 for 10 to 15 minutes, until the dough pulls away from the sides.

Add the butter cut into cubes and knead on speed 1 until completely incorporated and the dough pulls away.

Let the dough rest for 1h to 1h30 at room temperature (20-25°C), until it doubles in volume.

Deflate the dough to release the air and form a ball.

Place the dough in the bowl covered with plastic wrap and let it rest for 12 hours in the refrigerator .

Take the dough out of the refrigerator and let it rise to room temperature for 5 to 7 hours.

Deflate the dough to release the air and cut into pieces of 70g.

Shape the pieces using a cookie cutter.

Let the mannele rest at room temperature for 1h30 to 2h.

Brush the mannele with egg and bake them.

