



CEREAL AND SEED BAGEL

Soft bagel with cereal and seed ideal to be stuffed.

DIFFICULTY LEVEL   

Dough

INGREDIENTS

SOFT BREAD 50%	g 1000
CEREAL PLUS 50%	g 500
FLOUR - 240W	g 500
WATER	g 900-950
OLIVE OIL	g 80
FRESH YEAST	g 50

PREPARATION

Times and temperatures

Dough temperature at 26-27°C
Knead time (spiral mixer) for 13 minutes
Rest 5 minutes at 22-24°C
Proof 80-90 minutes at 28-30°C
Bake with steam at 230-240°C for 12 minutes

FINAL COMPOSITION

DOUGH - knead for 3 minutes on first speed and 9-10 minutes on second speed.
Specified times are for the spiral mixers, knead until you obtain a smooth and elastic dough.

REST - let the dough rest at 22-24°C for 5 minutes.

SCALE - divide the dough into 60-100g pieces.

SHAPE - roll up the pieces into loads and then unite the two flaps creating a donut.
Sprinkle over the surface sesame and poppy seed or DECORGRAIN.

PROOF - place into the leavening chamber at 28-30°C with relative humidity of about 75/80% for 60-70 minutes.

BAKE - bake with initial steam at 230-240°C for about 12 minutes
Once the bagels reach a core temperature lower than 25°C, pack them in polythene bags
If kept cool, the product can last up to 5-7 days.



RECIPE CREATED FOR YOU BY **MARCO DE GRADA**

PASTRY CHEF, CHOCOLATIER AND BAKER