

Fruit tea flower

Description

Pastry with fruit tea syrup



Yield

125 pieces of 100 g



Scheduling

Preparation: 120 minutes

Proofing: 180 minutes

Baking time: 12–14 minutes/200°C dropping



Nutritional values (100 g or 100 ml)

energy: 806 kJ/192 kcal;

fat: 6.5 g, of which saturated 3 g;

carbohydrates: 29 g, of which sugars 17 g;

protein: 3.8 g; salt 0.3 g

Ingredients

Savarin starter dough (1'200 g)

630 g wheat flour 400

490 g milk

80 g baker's yeast

Savarin main dough (5'000 g)

1'140 g wheat flour 400

160 g milk

140 g sugar

90 g baker's yeast

1'200 g savarin starter dough

580 g butter, liquid (approx. 30°C)

1'000 g egg yolk

650 g eggs

40 g table salt

Fruit tea syrup (5'700 g)

2'650 g water

1'800 g sugar

250 g Bouquet Royal Tea

1'000 g oranges (with peel, cut into slices)

Finishing/decoration (3'415 g)

125 g icing sugar

2'500 g oranges, cut into slices

380 g neutral jelly
(for gelling the orange slices)

410 g Bouquet Royal Tea
(from the fruit tea syrup)

Production

1

Savarin starter dough

Completely dissolve the yeast in the milk. Mix well with the flour in a mixer for 2–3 minutes using a pentagonal whisk.

2

Savarin main dough

Dissolve the sugar and yeast in the milk. Put the flour, starter dough and milk-yeast mixture into the mixer and blend. Slowly add the melted butter and mix to a smooth dough.

Leave the dough to rest at room temperature for 30 minutes.

Mix the egg yolks, eggs and salt well. Add to the dough in several stages, stirring only until a homogeneous, rather liquid dough is formed.

3

Filling and baking savarin dough

Fill 40 g of dough into each flower-shaped Flexipan mat. Cover and leave to proof at room temperature for 20–30 minutes.

Bake in a mild oven with steam until light brown.

4

Fruit tea syrup

Bring the water, sugar, tea mixture, and orange slices to a boil. Remove from the heat and let steep for 5–8 minutes. Remove the orange slices and strain the tea mixture.

The tea mixture is used again for finishing.

5

Soaking liquids

Soak the savarin flowers immediately after baking with 35 g of hot fruit tea syrup each. Allow to cool briefly, then carefully remove from the mold.

6

Finishing

Slice the oranges with the peel and thinly glaze the surface. Place the soaked fruit tea flowers on top. Lightly dust with icing sugar and pour 3 g of the Bouquet Royal Tea mixture (from the fruit tea syrup) into the center of each.