

Apricot pistachio twister

Description

Wheat roll with pistachios and dried apricots



Yield

50 pieces of 90 g



Scheduling

Preparation: 30 minutes

Proofing: 17 hours

Baking time: 18 minutes/240°C dropping



Nutritional values (100 g or 100 ml)

energy: 1'253 kJ/300 kcal;

fat: 8.3 g, of which saturated 1.2 g;

carbohydrates: 45 g, of which sugars 4.1 g;

protein: 9.1 g; salt 0.9 g

Ingredients

Levain (1'770 g)

| | |
|-------|-----------------------------|
| 510 g | wheat flour 400 |
| 630 g | water |
| 630 g | basic wheat leaven, matured |

Apricot and pistachio focaccia dough (5'000 g)

| | |
|---------|---|
| 1'000 g | wheat flour 400 |
| 380 g | durum wheat semolina, medium |
| 880 g | water |
| 1'770 g | levain |
| 20 g | baker's yeast |
| 40 g | table salt |
| | <i>add towards the end of the mixing time</i> |
| 380 g | pistachio kernels, roasted, coarsely ground |
| 150 g | olive oil |
| | <i>mix with the pistachios</i> |
| 380 g | apricots, dried, finely diced |

Knead the dough until a fine gluten structure is formed, then gently mix in the prepared pistachios and apricots.

Additional ingredients (400 g)

| | |
|-------|--|
| 250 g | durum wheat semolina, medium (for processing) |
| 150 g | wheat flour 400 (for dusting the boards) |

Production

1

Levain

Mix the water with the mature sourdough, add the wheat flour and blend in a mixer until smooth. Transfer to a tall container.

Dough temperature: 26°C

Proofing: 60–120 minutes at room temperature, then store overnight in a refrigerator at 5°C

2

Preparaing the stone fruit

Roast the pistachios and grind them coarsely after they have cooled. Add the olive oil and leave to infuse with the pistachios. This enhances the flavor of the pistachios. Cut the dried apricots into small cubes.

3

Portioning dough pieces

Sprinkle the table with durum wheat semolina and place the dough on it. Portion the dough into 100 g pieces and place them on boards dusted with wheat flour 720. Make sure that the dough is stressed as little as possible

Piece proofing: Allow to proof well at room temperature.

4

Baking preparation

Shape the proofed dough pieces twice with a twisting motion and place them directly on the loading devices.

5

Baking

Load into a hot oven with steam. After half the baking time, open the vent slightly and bake the rolls until they are golden brown and crispy.

6

Fresh-baked rolls

This recipe is ideal for fresh-baked products.

In the 1st baking phase, remove the twisters after 60% of the baking time and allow to cool. Pack in fresh-baked bags and label with baking instructions for the consumer.

Shelf life: up to 1 week at 5°C or 3 weeks at -18°C