

Mushroom and zucchini roll

Description

Mushroom and zucchini filling in laminated yeast dough, deep-fried



Yield

30 pieces of 110 g



Scheduling

Preparation: 42 minutes
Rest period: 90 minutes
Baking time: 4 minutes/170°C



Nutritional values (100 g or 100 ml)

energy: 1'208 kJ/289 kcal;
fat: 20 g, of which saturated 9,8 g;
carbohydrates: 20 g, of which sugars 2.1 g;
protein: 6.7 g; salt 0.8 g

Ingredients

Mushroom and zucchini filling (1'780 g)

800 g	zucchini, fried
720 g	king oyster mushrooms, fried
240 g	mild hard cheese <i>cut into slices</i>
20 g	wild garlic leaves, fresh

King oyster mushrooms, fried (967 g)

890 g	king oyster mushrooms <i>cut lengthwise into slices</i>
70 g	olive oil
7 g	table salt

Clean the mushrooms and cut lengthwise into slices, halving smaller ones. Heat the olive oil and fry the mushrooms briefly and vigorously on both sides. Season with salt at the end.

Zucchini, fried (1'240 g)

1'135 g	zucchini <i>cut lengthwise into slices</i>
95 g	olive oil
10 g	table salt

Heat the olive oil in a frying pan and fry the zucchinis well on both sides. Season with salt at the end.

Additional ingredients (2'140 g)

1'800 g	butter croissant dough
150 g	fine semolina (for rolling out)
40 g	egg wash (for brushing)
150 g	frying fat (for deep-frying)

Production

1

Preparing the filling

Layer 800 g of fried zucchini strips, 240 g of hard cheese slices, 20 g of wild garlic leaves, and 720 g of sautéed king oyster mushroom slices as tightly as possible in a 24x44 cm metal frame. Freeze for 60–90 minutes, then cut into 30 pieces (2 strips/15 pieces each). Continue processing while frozen.

Tip: Replace wild garlic with basil or lovage leaves, depending on the season.

2

Butter croissant dough

Roll out the dough to 1.2 mm, prick with a fork and leave to rest in the freezer at -18°C for 30–60 minutes. Then cut into 15x13 cm rectangles and brush the edges with egg wash.

3

Processing

Place the cut and frozen fillings diagonally on the pieces of dough.

4

Rollers

Starting at a short side, fold the four sides inwards one after the other so that the filling is well enclosed. This technique makes it almost impossible for the edges to tear during the deep-frying process.

Before baking, leave the dough pieces to rest at room temperature for about 30 minutes.

5

Baking

Bake at 170°C until golden brown.