

Bagel Sourdough



Ingredients

	g
Flour	1000
Salt	10
O-tentic Puratos	20
Water	550
Easy Multi-cereal BanoPuratos	150

Working Method

Day 1:

Mixing (spiral): 2 minutes on slow speed + 6 minutes on fast speed.

Dough temperature: 24°C

Cutting: 80 g

Make up and shape

Proofing: 60 minutes

Place in refrigerator overnight at 6-4°C

Steam at the beginning

Day 2:

Take out of freezer. Leave at room temperature for about 25-20 minutes to defrost.

Decorate with sesame seeds or poppy seeds.

Bake at 230°C then reduce heat to 180°C or 20 minutes with a lot of steam at the beginning.