

# Bun with Guarana beans

## INGREDIENTS

<b>2 kg</b>	GRANIX GUARANA	<b>2,2 kg</b>	WATER FOR SOAKING
<b>8 kg</b>	WHEAT FLOUR TYPE 550	<b>1,2 kg</b>	SUNFLOWER SEEDS
<b>0,45 kg</b>	YEAST	<b>0,15 kg</b>	BAKING AGENT BUN
<b>0,1 kg</b>	SALT	<b>ok. 3,1 kg</b>	WATER



## A METHOD OF PREPARING

1

### PARAMETERS

Weeding time: 3 + 7

Cake temperature: 27 - 28°C

Weight of the cake: according to the plant

Aging of the cake: 10 - 15 min

Final fermentation: 35 - 40 min

Baking temperature: 230°C - 210°C with  
steaming oven



Baking time: according to weight

2

Before preparing the dough, soak the mixture in the given amount of water for about 30 min (water temperature approx. 40 - 45°C).

3

From all the ingredients above prepare a cake. Divide the mass into pieces of the desired weight in a breadcrumb separator. After pressing the dough, pass through the croissant maker and in the absence of it, roll it up manually.

4

Rolled billets on corrugated sheets, gently sprinkle with rye flour.

5

After 3/4 of the time of final fermentation, cut along the billet.

6

Bake with steaming oven. At the end of baking, drain the steam to obtain a crispy crust.

Bon appétit!

*Smacznego*

