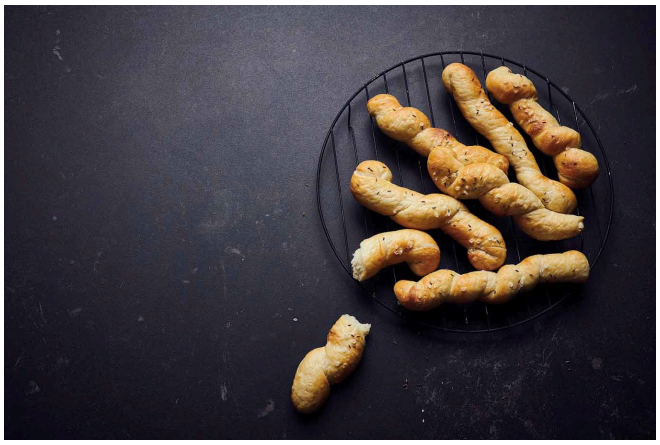
Seelen

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Resting time	30 Mins
Cooking time	1 Hrs 20 Mins
Piece	8
Appliance	CombiSteamer V6000 45 from 2021

light and airy breadsticks with salt and caraway seeds

Dough

300 g semi-white flour

1½ tsp salt

¼ cube of yeast (about 10 g)

200 ml water

Flour for dusting

Shaping

Water for brushing

2 tbsp coarse-grain sea salt

2 tbsp caraway

Dough

Knead all the ingredients in a bowl into a soft, smooth dough. Shape the dough into a ball. Put in a bowl and place in the bottom of the cooking space. Allow to rise at 32 °C for 1 hour until double in volume using the professional baking proofing mode.

Shaping

On a floured work surface, divide the dough into 8 portions. Lightly stretch each portion, fold into the centre and shape into rolls. Cover and allow to proof for 30 minutes.

On a lightly floured work surface, and using little pressure, roll out the rolls to the thickness of your thumb. Twist the rolls and place on a lined baking tray. Brush with a little water and sprinkle with coarse sea salt and caraway.

Baking

Bake in the middle shelf position at 200 °C for 20 minutes using the professional baking classical mode.

Allow the seelen to cool on a wire rack.

Cooking steps

Professional baking proofing 32 °C for 1 Hrs

Continue working the dough after it has risen.

Put the food in.

Professional baking classical 200 °C for 20 Mins

Accessories

Baking tray

Wire shelf

Additional information

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