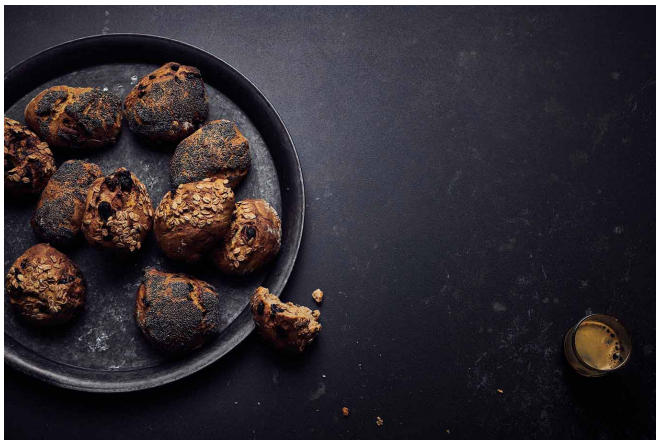
Fruit rolls

Recipe by V-ZUG Ltd.



wholemeal rolls with dried fruit and nuts

Preparation	30 Mins
Resting time	20 Mins
Cooking time	1 Hrs 25 Mins
Piece	12
Appliance	CombairSteamer V2000 from 2021

Dough

300 g light spelt flour

200 g spelt wholemeal flour

1½ tsp salt

½ cube of yeast (about 20 g)

300 ml water

50 g butter, soft

100 g dried apricots, coarsely chopped

100 g dried figs, coarsely chopped

100 g dried prunes, coarsely chopped

50 g walnut kernels, coarsely chopped

50 g sultanas

Shaping

Some spelt flakes

Some poppy seeds

Dough

Knead all the ingredients up to and including the butter in a bowl into a soft, smooth dough. Add the rest of the ingredients and knead well into the 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

Divide the dough into 12 portions and shape into balls. Brush the balls with water, sprinkle with spelt flakes or poppy seeds and press down lightly.

Put on a lined baking tray and score a cross into the top of each roll.

Allow to proof for 20 minutes.

Baking

Preheat the cooking space to 190 °C using the professional baking flour-dusted mode.

Bake the fruit rolls in the middle shelf position for 25 minutes.

Allow the fruit rolls to cool down on a wire rack.

Cooking steps

Professional baking proofing 32 °C for 1 Hrs

Continue working the dough after it has risen.

(Pre-)heat cooking space to 190 °C with Hot air

Preheating finished. Put the food in.

Professional baking rustic 190 °C for 25 Mins

Accessories

Baking tray

Wire shelf

Additional information

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