



# 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

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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

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**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

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Baking tray

Wire shelf

## Additional information

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