



# Fruit rolls

Recipe by V-ZUG Ltd.



|                 |                                   |
|-----------------|-----------------------------------|
| Preparation     | 30 Mins                           |
| Resting<br>time | 20 Mins                           |
| Cooking<br>time | 1 Hrs 25 Mins                     |
| Piece           | 12                                |
| Appliance       | CombairSteamer V2000 from<br>2021 |

wholemeal rolls with dried fruit and nuts

## 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

---

Created on

27.02.2023

