

# Gluten- and Lactose-free Rustic Bread Roll



## Recipe

|  |                     |
|--|---------------------|
| <b>KOMPLET Dark Gluten- and Lactose-free Flour</b> | 1,000 kg            |
| Vegetable Oil                                      | 0,100 kg            |
| Fresh Yeast /Dry Yeast                             | 0,060 kg / 0,020 kg |
| Salt   | 0,030 kg            |
| Water  | 1,100 kg            |
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| Total weight                                       | 2,290 kg            |
| Yield  | 37 pieces           |

### Process:

Make the dough with all the ingredients (using a flat beater).

### Mixing time:

approx. 3 minutes on  
first speed  
approx. 3 minutes on  
medium speed

**Dough temperature:** approx. 30 °C

**Scaling weight:** 60 g

Do not rest the dough! Scale at 60 g and shape the dough with wet hands into small round roll.

**Proving time:** approx. 40 minutes  
(35 °C and 75 % humidity)

**Baking temperature:** approx. 230 °C,  
falling to 200 °C

**Baking time:** 25 minutes (bake with steam)

### Master Tip:

IF YOU REQUIRE A BREAD WITH A HIGHER VOLUME,  
ADD 4 EGGS PER KG **KOMPLET Dark Gluten- and  
Lactose-free Flour.**

*Bake the best with something good!*