

Olympic Rings



Ingredients

Olympic Rings

Flour	50%	5000g
Wholemeal	50%	5000g
QS Tarwemoutbollen (Wheat Malt Buns)	15-18%	1500-1800g
Fresh Yeast	5%	500g
Salt	1.5%	150g
Water approx.	59%	5900g

Working Method

Kneading	Mix all ingredients into a smooth and well developed dough
Dough temperature	Approx. 26°C.
Scale	Approx. 900 gram (30 pieces)
Dough proof	Approx. 10-15 minutes
Dividing	Divide and round up
Moulding	Place 5 dough pieces in the form of the Olympic rings (3 above and 2 in connection underneath). Decorate each 'ring' with different seeds, press the heart of the bun with a plug ø 1 cm
Final proof	Approx. 70 minutes
Baking	Approx. 7 minutes at 260-270°C



For more information please contact Sonneveld: +31 (0)78 644 25 25 or send an e-mail to info@sonneveld.com. Our specialists are glad to assist you.

Bakery Ingredients

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