

# STEAM PAU

## INGREDIENTS

### Group 1

Ingredient	KG
BAKELS PAU MIX	0.500
BAKELS INSTANT ACTIVE DRIED YEAST	0.005
Water (variable)	0.190
<b>Total Weight:</b>	<b>0.695</b>

## METHOD

1. Mix Group 1 for 3 minutes at speed 1
2. Further mix for 12 - 13 minutes until the dough is well developed.
3. Allow dough to rest for 60 minutes OR till the dough double size.
4. Roll and fold OR alternatively remix for 2 + 7 minutes to de-gas purposes (smooth dough shall be obtained)
5. Scale and mould the dough 60g each.
6. Rest for 10 minutes.
7. Prove the dough for 45 minutes at 37°C and humidity 75.
8. Steam for 11-12 minutes.



## CATEGORY

Breads, Rolls & Pastry