

Valrhona Chocolate Pearl Bun

Recipe calculated for 25 buns or donuts
Cost price: 0.22 € each



BASIC DOUGH

500 g plain flour type 45
250 g whole eggs
50 g milk
55 g caster sugar
10 g salt
12 g yeast
15 g invert sugar
300 g butter
300 g CHOCOLATE PEARLS

Use very cold eggs. Knead all the ingredients together lightly except the butter and the chocolate pearls for 5 minutes. Knead with a mixer for about 10 minutes at the 2nd speed. Incorporate the butter little by little and mix until the dough leaves the side of the bowl. Add the Chocolate Pearls without kneading too much. The dough should be at 24°C at the end of the kneading operation. Leave to prove for 2 hours at room temperature.

Flatten out the dough, put it on a plaque and cover it with film. Freeze for 30 minutes to stop fermentation.

Set aside in a refrigerator.

Divide the dough into 55 g balls. Leave to prove again for 2 hours at 25°C. After forming the balls, brush them with egg and leave to rise for 2 hours at 25°C. Before baking, brush them a second time. Bake at 220°C or 190°C in a ventilated deck oven.

SUGGESTION

You can also make donuts instead of little buns. Deep fry in oil at 180°C until golden brown.

Tip: Before frying the donuts, put them into a refrigerator for a few minutes so that a thin crust forms. This gives the donuts a nice smooth surface without bubbles.

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