BUN AND DOUGHNUT RECIPES

DOUGHNUT INSTRUCTIONS

INGREDIENTS	KG
Bun and Doughnut Concentrate (3020-16)	16.000
Bread making flour	16.000
Yeast	0.960
Water (approx)	14.560
TOTAL	**47.520**

MIXER INFORMATION

High speed	2-3 minutes dependant on mixer speed	
Spiral	2-3 minutes slow	6-8 minutes fast
Upright	2 minutes slow	8-10 minutes fast

1. Mix to a normal dough consistency.
2. Scale as required, mould round and rest for 10 minutes.
3. Divide and mould into required shapes and place on doughnut wires.
4. Prove for 40-45 minutes.
5. Remove from prover.
6. Leave to skin for 10 minutes before frying.

TEMPERATURE AND TIMES

Dough temperature	26°C - 27°C (78.8°F. - 80°F.)
Frying temperature	190°C (380°F.)
Frying time	2- 2 minutes 30 seconds (each side) or 2- 2 minutes 30 seconds if submerged

BUN INSTRUCTIONS

INGREDIENTS	KG
Bun and Doughnut Concentrate (3020-16)	16.000
Bread making flour	16.000
Yeast	0.960
Water (approx)	14.560
TOTAL	**47.520**

MIXER INFORMATION

High speed	2-3 minutes dependant on mixer speed	
Spiral	2-3 minutes slow	6-8 minutes fast
Upright	2 minutes slow	8-10 minutes fast

1. Mix to a normal dough consistency.
2. Add fruit, spices or flavours as desired at a rate of 125g per kg (2oz per lb) dough.
3. Scale as required, mould round and rest for 10 minutes.
4. Divide and mould into required shapes and place on baking trays.
5. Prove for 40-45 minutes.

TEMPERATURE AND TIMES

Baking temperature	220°C (430°F.)
Baking time	12-15 minutes

BUN MIX INSTRUCTIONS

INGREDIENTS	KG
Bun Mix (3205-25)	25.000
Yeast	1.250
Water	10.500
TOTAL	**36.750**

MIXER INFORMATION

High speed	2-3 minutes dependant on mixer speed	
Spiral	2-3 minutes slow	6-8 minutes fast
Upright	2 minutes slow	8-10 minutes fast

1. Mix to a normal dough consistency.
2. Scale off plain dough for swiss/cream buns etc or
3. If adding spices or fruit add that now.
4. Scale as required.
5. Rest for 10 minutes.
6. Divide and mould into desired shapes and place on lined baking trays.
7. Prove for 40-45 minutes.
8. Bake.
9. On removal from oven bun wash/glaze.

TEMPERATURE AND TIMES

Dough temperature	26°C - 27°C (78.8°F. - 80°F.)
Scale to produce:	60 - 70g buns*
Bake:	220°C (430°F.)
Baking Time:	12 -15 minutes*

* Dependant on requirement and size

CHELSEA BUN INSTRUCTIONS

INGREDIENTS	KG
Bun Mix Dough (3205-25)	2.000
Currants	0.420
Brown sugar	0.060
Mixed spice	0.008
Vegetable oil or melted butter	0.060
TOTAL	**2.548**

MIXER INFORMATION

High speed	2-3 minutes dependant on mixer speed	
Spiral	2-3 minutes slow	6-8 minutes fast
Upright	2 minutes slow	8-10 minutes fast

1. Mix to a normal dough consistency.
2. Roll out dough to cover an area of approximately 40cm x 60cm.
3. Brush dough with melted butter.
4. Sprinkle with sugar and spice mix and add currants.
5. Roll up as for swiss roll and cut into slices.
6. Brush with butter/oil and place onto trays.
7. Prove until buns are touching.
8. Bake.
9. On removal from the oven brush with glaze and sprinkle with granulated sugar.

BAKING

Bake:	225°C (437°F.)
Baking Time:	15 -20 minutes*

* Dependant on requirement and size

Frying tips for doughnuts

- Do not exceed recommended frying temperatures.
- Regularly check that the thermostat is working correctly.
- Reduce the temperature of the frying medium when not in use.
- Keep the frying medium at the correct level at all times.
- Drain and strain the frying medium to remove any carbonised particles, preferably on a daily basis - or as regularly as possible.
- Failure to observe the above guidelines can only accelerate the breakdown of the frying medium and adversely affect the quality of the fried doughnuts.

Tips for Fermented Doughnuts

- Do not over prove, excess proving will produce a poor shaped open-textured doughnut with a high fat/oil absorption and poor eating and keeping qualities.
- Do not underprove, this will result in doughnuts with less volume with an inferior eating quality.
- Do not fry at temperatures that are too high, doughnuts will colour too quickly and may have a raw or doughy centre.
- Do not fry at too low a temperature, doughnuts will not colour correctly and will absorb excess fat/oil.
- Avoid using excess dusting flour on the dough balls, it will accelerate frying medium breakdown.
- Avoid rupturing dough pieces, fat/oil absorption will increase in the fried doughnut.

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