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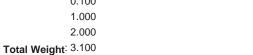
# **ETON MESS DOUGHNUT**

# YEAST CONC. RECIPE

## **INGREDIENTS**

### Group Doughnut

Ingredient Wheat flour Yeast Doughnut Concentrate	KG 10.000 5.000	% 100.00 50.00
Yeast	0.600	6.00
Water	7.500	75.00
	Total Weight: 23.100	
Group Meringue		
Ingredient	KG	%
Actiwhite® Meringue Mix	0.100	-
Water	1.000	-





Sugar

Doughnut



CATEGORY Bakery

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FINISHED PRODUCT

Doughnut



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- 1. Add all ingredients into a spiral mixing bowl.
- 2. Mix for 3 minutes on slow speed and 7 minutes on fast speed, until fully developed.
- 3. Dough temperature should be 23-26°C.
- 4. Scale at 50g and place onto wire tray.
- 5. Retard overnight or place in fridge for 30+ minutes.
- 6. Remove from retarder and recover dough temperature.
- 7. Using the wide circle end of a piping tube, press down in the centre to make a circle (do not remove the centre).
- 8. Prove for 20-25 minutes at a controlled temperature of 38°C, 80% relative humidity.
- 9. Dry prove for 25 minutes, covered with plastic (this stops the doughnuts wrinkling back).
- 10. Fry at 190°C for 75-90 seconds each side.
- 11. Press down the centre of the doughnut.
- 12. Warm White Fudgice and dip doughnuts into it.
- 13. Pipe Bakels Le Fruit 70% Strawberry Filling into the centre.

#### Meringue

- 1. Dissolve Actiwhite in the water and allow to soak for 5-10 minutes.
- 2. For a light meringue, add half the sugar, whip on high speed to full volume and fold in the remaining sugar.
- 3. For a slightly heavier meringue, whip the entire quantity of sugar together with the Actiwhite solution.
- 4. Dry the meringues at low temperature, approximately 100°C-120°C.
- 5. Crumble onto doughnut to finish.

# **PASTE CONC. RECIPE**

### **INGREDIENTS**

#### Group Doughnut

Ingredient	KG	%
Wheat flour	10.000	100.00
Doughnut Paste Concentrate	1.625	16.25
Yeast	0.400	4.00
Water	5.875	58.75
	Total Weight: 17.900	

### **Group Meringue**

Ingredient	KG	%
Actiwhite® Meringue Mix	0.100	-
Water	1.000	-
Sugar	2.000	-
	Total Weight: 3.100	

### METHOD

#### Doughnut

- 1. Add all ingredients into a spiral mixing bowl.
- 2. Mix for 3 minutes on slow speed and 7 minutes on fast speed, until fully developed.
- 3. Dough temperature should be 23-26°C.
- 4. Scale at 50g and place onto wire tray.
- 5. Retard overnight or place in chill for 120+ minutes.
- 6. Remove from retarder and recover dough temperature.
- 7. Using the wide circle end of a piping tube, press down in the centre to make a circle (do not remove the centre).
- 8. Prove for 25-30 minutes at 38°C, 80% relative humidity.
- 9. Dry prove for 25 minutes (this stops the doughnuts wrinkling back).



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- 10. Fry at 190°C for 90-100 seconds each side.
- 11. Press down the centre of the doughnut.
- 12. Warm <u>White Fudgice</u> and dip doughnuts into it.
- 13. Pipe Bakels Le Fruit 70% Strawberry Filling into the centre.

### Meringue

- 1. Dissolve Actiwhite in the water and allow to soak for 5-10 minutes.
- 2. For a light meringue, add half the sugar, whip on high speed to full volume and fold in the remaining sugar.
- 3. For a slightly heavier meringue, whip the entire quantity of sugar together with the Actiwhite solution.
- 4. Dry the meringues at low temperature, approximately 100°C-120°C.
- 5. Crumble onto doughnut to finish.