

Jivara Roll

Recipe calculated for about 20 pieces

Cost price: 0.24 € 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

Use very cold eggs. Knead all the ingredients together lightly except the butter 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. 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 50 g balls. Leave to prove again for 2 hours at 25°C. Deep fry in oil at 180°C until brown all over.

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.

CARAMEL SABLÉ JIVARA LACTÉE 40%

250 g caster sugar
 200 g single cream 35 %
 40 g glucose powder
 50 g single cream 35 %
 1/2 vanilla pod
 75 g JIVARA LACTÉE 40 % couverture
 salt (optional)

Cook together the sugar, the 200 g cream and the glucose.

As soon as the mixture reaches 110°C, start stirring continuously with a spatula or a whisk until the mixture colors slightly, at about 130°C.

Soften with 50 g cream, add the vanilla and reheat to 118°C.

Add the Jivara couverture.

Work the caramel by whisking (it pales slightly).

Once the desired texture and color obtained, pour immediately into 1 cm deep molds. Before the caramel cools completely, cut into sticks 6 cm long by 1 cm wide, using a guitar.

ASSEMBLY

Make 50 g portions and delicately insert a caramel stick in the middle. Leave to rise for 2 hours at 25°C. Deep fry in oil at 180°C.

SUGGESTION

You can also make little buns instead of donuts. After forming the balls, brush them with egg and leave to rise for 2 hours at 25°C, closure side up. Before baking, brush a second time. Bake at 220°C or 190°C in a ventilated deck oven. Garnish the buns in the same way as the donuts.

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