



**DISPLAY CONDITIONS**

Warm



**CATEGORY**

Breads, Semi-lean



**FINISHED PRODUCT**

Crusty Bread, Crusty Roll

# HEALTHY GOURMET PIZZA POCKETS

## OVERVIEW

19-003

## INGREDIENTS

### Group Base

Ingredient	KG	%
All Purpose Flour	0.250	100.00
BAKELS PLATINUM INSTANT ACTIVE DRIED YEAST	0.002	0.80
BAKELS FERMDOR SMOKED	0.020	8.00
Water	0.275	110.00
Olive Oil	0.020	8.00
BAKELS MAIZE OPTIMA	0.250	100.00
<b>Total Weight:</b>	<b>0.817</b>	

### Group Filling

Ingredient	KG	%
Glazed Chicken Strips	0.260	-
Red Onion	0.020	-
Red Bell Pepper	0.020	-
Cabbage	0.035	-
Thyme	0.002	-
Ground Black Pepper	0.002	-
Smoked Tamarind Sauce	0.200	-
<b>Total Weight:</b> 0.539		

### Group \*Glazed Chicken

Ingredient	KG	%
Chicken strips	0.200	-
Sugar	0.100	-
<b>Total Weight:</b> 0.300		

### Group \*\*Tamarind Sauce

Ingredient	KG	%
Tamarind	0.230	-
Water (1)	0.230	-
Water (2)	0.130	-
BAKELS FERMDOR SMOKED	0.006	-
<b>Total Weight:</b> 0.596		

**Yield:** 16 pieces x 50g dough

## METHOD

How to do it:

Dough:

1. Mix Bakels Maize Optima, all purpose flour, Bakels Instant Active Dry Yeast and Fermdor Smoked for 30 seconds on low speed.
2. Add water and mix for 2 minutes on low speed.
3. Add olive oil and mix on high speed for 6 minutes or until developed.
4. Round dough and rest for 10 minutes.
5. Scale dough to 50g, round and rest for 5 minutes.
6. Sheet dough and place 30g filling. Fold as desired.
7. Rest for 30 minutes.
8. Bake at 220°C with steam for 25 minutes or until golden brown.

Filling:

1. Sauté onion and red bell pepper. Add cabbage and glazed chicken strips. Season with thyme and black pepper.
2. Add the smoked tamarind sauce. Mix until combined.

\*Glazed Chicken

Procedure: Fry chicken strips until golden brown. Add sugar and continue frying until the sugar turns golden brown.

\*\*Smoked Tamarind Sauce

Procedure: Soak tamarind in hot water (1) for 30 minutes. Set aside the sieved portion. Recover the solids that remain on the sieve and soak again in hot water (2) for 30 minutes. Sieve. Heat the sieved portion and add Fermdor Smoked, and mix until the desired consistency is achieved.

Note: Smoked tamarind sauce may also be used as a dip.