

RHUM BABAS

OVERVIEW

00-041

INGREDIENTS

Group 1

Ingredient	KG	%
All Purpose Flour	1.000	100.00
Sugar	0.220	22.00
Salt	0.015	1.50
BAKELS PLATINUM INSTANT ACTIVE DRIED YEAST	0.015	1.50
Water	0.280	28.00
Evaporated Milk	0.200	20.00
Egg Yolk	0.120	12.00
DOBRIM NOBRO	0.004	0.40
BAKELS MONOFRESH	0.005	0.50
BAKELS SHORTENING	0.030	3.00
BAKELS BUTTA BUTTEROIL SUBSTITUTE	0.150	15.00
Total Weight: 2.039		

Group 2

Ingredient	KG	%
Honey	0.230	-
Water	0.125	-
Rhum	0.050	-
Total Weight: 0.405		

Yield: 40 x 50-g dough

METHOD

How to do it:

Dough:

1. Mix all purpose flour, salt, Bakels Instant Yeast, water, evaporated milk, egg yolk, Dobrim Nobro and Monofresh in a spiral mixer for 2 minutes.
2. Add Bakels Shortening and Butta Butteroil Substitute then continue mixing until full dough development.
3. Rest for 15 minutes.
4. Lightly oil 7 cm ring molds. Place 50 g dough for each mold. Place them in a baking tray and proof for about 1 hour or until the dough has risen just to the top of the molds.
5. Bake at 180°C for 15-20 minutes. Cool for a few minutes then turn out and leave to cool on a wire rack.

Syrup:

1. Heat the honey and water together in a small pan for 5 minutes. Remove from heat and stir-in the rhum.
2. Dip each baba into the hot syrup and leave to cool.

Note: If you have difficulty getting the babas out of their tins, soak them with the syrup first.



DISPLAY CONDITIONS

Room Temperature



CATEGORY

Breads, Sweet