

# Pretzels using L'AMOURETTE

碱水面包

用艾瑞克法棍预拌粉制作



L'AMOURETTE 艾瑞克法式面包预拌粉	1.000 kg
Wheat flour 面包粉	9.000 kg
Butter 黄油	0.400 kg
Instant yeast 速溶酵母	0.150 kg
Water, approx. 水	5.350 l
Total weight 总重	15.900 kg

Mixing time:	spiral, 2 minutes slow
	7 minutes fast
搅拌时间	螺旋, 慢速 2 分钟,
快速 7 分钟	
Dough temperature:	24 – 25° C
面团温度	24 –25 度
Bulk fermentation time:	none
松弛时间	没有
Scaling weight:	2100 g (30 pieces)
分割重量	2100 克/ 30 只 (70
克每只)	
Intermediate proof:	10 minutes
中间发酵	10 分钟
Final proof:	approx. 30 minutes
最后发酵	30 分钟左右
Baking temperature:	230° C, with damper open
烘焙温度	230 度, 打开风
门。	
Baking time:	approx. 20 minutes
烘焙时间	20 分钟左右



Instructions:操作说明:

After forming the Brezel, place on oiled silicon paper and prove. Allow the dough pieces to dry and store them in the fridge until they become firm. Then dip into lye, place on oiled silicon paper, cut on top half round and sprinkle with little rock salt.

做成碱水面包形状后，放在油纸（或者硅纸）上发酵，放入冰箱风干变硬。  
蘸碱水后放在油纸（或者硅纸）上，表面开口并撒上海盐碎粒。

Lye:碱水配方

Boil 1 litre water and mix with 30 - 40 g sodium hydroxide (NaOH).  
The lye can be used several times.

1 升水加入 30 – 40 克 氢氧化钠 (NAOH)，碱水溶液可以重复多次使用。

**Use gloves and glasses while working with the lye.**

蘸碱水溶液时请务必戴好眼镜和手套

**Mark the lye “POISONOUS”, “DON’T DRINK”, “HANDLE WITH CARE”**

请在装有碱水溶液的容器上标明

“有毒” “勿饮” “小心轻放”