Recipe

Manakeesh



Ingredients

Dough	*g*
Flour	1000
Salt	20
O-tentic Puratos	40
Oil	60
Sugar	40
Water	600
Soft'r Alpaga	10

Working Method

Mix all the ingredients together for 4 minutes at low speed and 6 minutes at high speed. Let the dough rest for 20 minutes then cut each piece for 200g, roll it and bulk ferment for 45 minutes. Sheet the dough then leave it for a final 20 minutes fermentation. Bake it at 300°C for 2 minutes.

Recipe

Manakeesh Fiber



Ingredients

Dough	*g*
Flour	900
Easy Fiber Puratos	100
Salt	20
O-tentic Puratos	40
Oil	60
Sugar	40
Water	600
Soft'r Alpaga	10

Working Method

Mix all the ingredients together for 4 minutes at low speed and 6 minutes at high speed. Let the dough rest for 20 minutes then cut each piece for 200g, roll it and bulk ferment for 45 minutes. Sheet the dough then leave it for a final 20 minutes fermentation. Bake it at 300°C for 2 minutes.

Recipe

Manakeesh Multi-cereal



Ingredients

Dough	*g*
Four	900
Easy Multi-cereal Puratos	100
Salt	20
O-tentic Puratos	40
Sugar	40
Oil	60
Water	630
Soft'r Alpaga	10

Working Method

Mix all the ingredients together for 4 minutes at low speed and 6 minutes at high speed. Let the dough rest for 20 minutes then cut each piece for 200g, roll it and bulk ferment for 45 minutes. Sheet the dough then leave it for a final 20 minutes fermentation. Bake it at 300°C for 2 minutes.