

# Onion Rings

**Yield:** 57 loaves weighing about 10 2/3 oz. each (300g)

Ingredients	g / ml	lbs / oz	Baker's %
Rye Flour	500 g	1lb 1 1/2 oz	5 %
Low Protein Bread Flour	9500 g	20 lbs 15 oz	95 %
Water	5500 ml	12 lbs 2 oz	55 %
Compressed yeast	250 g	8 3/4 oz	2.5 %
Salt	180 g	6 1/3 oz	1.8 %
Toasted Onion Flakes	1000 g	2 lbs 3 1/3 oz	10 %
Shortening (lard)	150 g	5 1/3 oz	1.5 %
<b>Total</b>	<b>17.08 kg</b>	<b>67.17 oz</b>	<b>170.8 %</b>

## Method:

1. To prepare the dough, combine all ingredients in a large mixing bowl. Using a dough hook, mix the dough for two minutes on first speed. Scrape down the sides of the bowl and mix on third speed for six minutes. The onions may absorb a significant amount of water, so you may need additional water as you mix to yield the proper consistency. Ideal temperature for the dough is 76°F. Cover the dough with plastic to prevent the surface from drying out, and allow it to rest for 25 minutes.
2. Using a balance scale, divide the dough into 10 2/3 oz. (300g.) pieces. Round the dough pieces and let them

rest, covered, for 15 minutes at room temperature.



3. This bread can be formed into a variety of shapes. I have found the ring shape to be versatile, and it complements the onion theme. To begin, shape the dough pieces into a baguette, alternately forming and resting the dough, to a length of about 12 ins. Form the dough pieces into rings, wetting one end slightly with water, and press the ends together.
4. Place a damp towel on a sheet pan, and lay the dough rings on the towel. Or you can use a pastry brush to wet the dough surface with water. Pour rye flour into a separate sheet pan.
5. Dip the damp side or the ring into the flour. Place the rings, flour-side up, on a sheet pan lined with



- parchment paper. You can dust the pan with a little corn meal, if desired. With a scoring knife, score each ring four times to create an appealing appearance.
6. Proof at low humidity and 88°F to 95°F for about 25 minutes, or until the dough doubles in size. Bake at 420°F for 15 to 20 minutes with an initial two seconds of steam (damper closed.) Open the damper or prop the oven door halfway open for the last three minute of bake to achieve a good crust.
  7. For pan breads, baking is complete when the temperature of the load center reaches 180° to 210°F. Baking times and temperatures will vary depending on your equipment.
  8. Cool the loaves on a cooling rack to avoid moisture condensation on the bottom of the loaves, until the internal temperature drops to 90°F to 100°F. When the bread cools, it is ready to slice or wrap. Vary the loaf sizes for a grab-and-go treat or an accompaniment a meal.