OKANAGAN
EST. OK 1994
FROZEN DOUGH

Calabrese Bun

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Product Code:
OK807 Calabrese Bun

We've taken a popular Italian bread recipe and turned it into a bun for you. With the signature dusting of semolina flour on top, these buns are crusty on the outside, soft yet chewy on the inside and have a light taste. Since most Italian breads are meant to be eaten along with other foods, the Calabrese bun is an ideal complement to lunches, entrees, main dishes and other fare. Contains no trans fats. Sustainably made from wholesome ingredients.

INGREDIENTS LIST

Wheat Flour, Water, Semolina Flour, Yeast, Sugar, Salt, Wheat Gluten, Canola Oil, Soy Lecithin, Improver (Wheat Flour, Ascorbic Acid, Xylanase, Lipase, Soya Oil, Amylase)

Nutritional Information (Baked)

Nutritional Facts	Amounts Per 1 Bun (81g)	% Daily Value
Calories	280	
Fat	2.5g	3%
Saturated	0g	
+Trans	0g	0%
Carbohydrate	53g	18%
Fibre	3g	9%
Sugars	4g	4%
Protein	11g	
Cholesterol	0mg	
Sodium	560mg	24%
Potassium	125mg	2%
Calcium	10mg	1%
Iron	3mg	17%

Handling Instructions

Note: Times and temperatures are a guideline only, specific shop conditions & equipment may vary results.

BREAKOUT & THAW

Break product out onto flat baking pans lined with parchment paper. Space 12 buns (3 x 4) on baking sheet. Remember to keep belt mark of bun down. Put in retarder or cooler overnight to thaw.

MORNING

Remove rack from retarder or cooler. Roll or top each bun in semolina flour. Put product into proofer or keep on covered rack on floor until space is available in proofer or oven. Proof until product is about 2 - 3 times its original size. This should take approximately 60 minutes.

TOPPING: Semolina Flour

BAKE TIME

SCORING: After proofing, score the top of each bun with a single slice across the top. Drizzle a small amount of olive oil on each slice.

Bake Calabrese Buns at 350 - 400˚F for 15 - 20 minutes. Remove from oven and let product completely cool before packaging.