



# Pain aux Olives

## 橄欖豆型包

Difficulty 難易度

Basic 初級

Qty 麵包數量

8

Kneading 搓揉方式

Kitchen Machine 廚師機

On the day 當天製作

60 mins 分鐘 + waiting time 等待時間: 100 mins

### Main Dough 主麵糰



Bread Flour  
高筋麵粉

Nissin 日清 Lys d'or  
Protein 蛋白質 10.7%

Ash 灰份 0.33%

110g



Salt  
鹽

2.4g



Malt Powder  
麥芽粉

1.3g



Fresh Yeast  
新鮮酵母

2.4g

\*(or instant yeast 或快速酵母0.8g)



Olive Oil  
橄欖油

7g



Water  
水

75g



Pitted Olive  
去核青橄欖

24pcs



BREAD CLOUD  
studio



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## 橄欖豆型包

### Video Time 影片時刻

### Steps 製作步驟

- 00:35 01 Put all ingredients except olive oil into mixing bowl, adding water at last.  
除了橄欖油 · 其他材料加入廚師機 · 最後加入水
- 01:05 02 Turn on low speed for 5-6 mins, then medium high speed for 2-3 mins when adding olive oil slowly. Then keep medium high speed for 5-7 mins. Finally, turn to high speed for 1-2 mins.  
Ideal dough temperature is 24-26°C  
低速 5-6分鐘 · 中高速2-3分鐘慢慢滴入橄欖油 · 中高速5-7分鐘 · 最後高速1-2分鐘  
麵團溫度約24-26°C
- 02:10 03 Roll the dough round, cover, and let proof for 45-50 mins at 26-28°C, 70-80%.  
把麵糰修圓、蓋好 · 進行第一次發酵約45-50分鐘(約26-28°C · 70-80%)
- 03:00 04 Divide dough into 8 portions (24-25g each), roll doughs round, cover and let rest for 10-15mins  
把麵糰平均分為約24-25g x 8 份 · 上下左右各對摺一次、蓋好 · 靜置發酵約10-15分鐘
- 04:15 05 Roll the dough with a rolling pin till flatten  
把麵糰用木棒滾平
- 04:35 06 Place 3 pitted green olives on the dough. Flip up on side of the dough and cover with green olives. Use chopsticks to separate each olive. Tighten two ends.  
放上三粒去核青橄欖 · 翻起一邊麵糰蓋好青橄欖 · 每顆橄欖中間用筷子壓平隔開 · 兩頭收緊
- 06:40 07 Let proof for 30-40 mins at about 28°C, 70-80%  
進行最後發酵約30-40分鐘 (溫度約28°C · 濕度70-80%)
- 07:00 08 Take out fermented dough, preheat convection oven to 220°C  
取出發酵的麵糰 · 預熱焗爐(熱風模式)至220°C
- 07:05 09 Spray water onto the dough surface.  
Bake for 15-16 mins.  
入爐前在表面噴水, 焗約15-16分鐘
- 07:45 10 Brush olive oil and sprinkle salt onto bread after finishing.  
出爐後塗上橄欖油並灑上少許鹽