



# BREADSTICKS

👩🍳 Intermediate level

## Procedure

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### INGREDIENTS

#### L'AUTENTICO

Acqua

Olio di oliva

Lievito di birra

### PREPARATION

5000g Time and temperature

3250g

200g Dough temperature: 26–27°C

150g Mixing time (spiral mixers): 15 minutes

Bulk resting (bench rest): 10 minutes at 22–24°C

First proof: 30 minutes at 28–30°C with 70–80% relative humidity

Second proof: 30 minutes at 22–24°C

Baking: 15–20 minutes at 230–240°C

- **MIXING**

Start mixing with 3 kg of water (60% of the flour weight) for 4 minutes at 1st speed and 7–8 minutes at 2nd speed. Then gradually add the remaining water while continuing to mix for a further 2–3 minutes. Times refer to spiral mixers; in any case, continue mixing until a smooth, elastic dough is obtained.

- **BULK RESTING (BENCH REST)**

Allow the dough to rest for 10 minutes at room temperature (22–24°C).

- **DIVIDING**

Divide the dough, forming long pieces, and coat them well with olive oil.

- **FIRST PROOF**

Place the dough pieces in the proofing chamber at 28–30°C and 75% relative humidity for 30 minutes.

- **SHAPING**

Cut the dough into strips of the desired weight for each breadstick. Shape the breadsticks by hand, stretching the dough strips, and place them on oiled baking trays.

- **SECOND PROOF**

Allow to proof at 22–24°C for a further 30 minutes.

- **BAKING**

Bake at 230–240°C with initial steam. Baking time may vary depending on the size of the breadsticks.

During the last 5 minutes, open the damper/vent.

- **NOTES**

Bulk resting and proofing times may vary depending on ambient temperature.