



NATURALLY LEAVENED BREAD

👤 Intermediate level

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FIRST DOUGH

INGREDIENTS

strong flour

water

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PREPARATION

5.000g Knead all the ingredients for about 10 minutes (spiral kneading machine).

2.500g Make sure that the temperature of the dough at the end of the kneading

300g is 26-27°C.

Let rise for 12 hours at 26-28°C or, as an alternative, for 16-18 hour at 20-22°C.

SECOND DOUGH

INGREDIENTS

flour

water

BIOCONCEPT

salt

PREPARATION

5.000g Knead all the ingredients together with the first dough for about 10 minutes

3.000g in a spiral kneading machine, until the dough is smooth.

50-80g Anyway, keep on kneading until the dough is well elastic.

180-200g Make sure that the temperature of the dough at the end of the kneading is 24-26°C.

Let the dough rest for 60-70 minutes at 28-30°C, then divide it into portions (from 100g up to 1000g).

Roll the portions of dough up into loaves, either round or long-shaped.

Transfer in the proofer room at 28-30°C, with relative humidity of the 70-80%, for about 90 minutes.

Final composition

Bake the 100g loaves at 220-240°C for 20 minutes, the 500g loaves at 210-220°C for 40 minutes and the the 1000g loaves for 60 minutes at 210-220°C