

NATURALLY LEAVENED BREAD

Intermediate level

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FIRST DOUGH

strong flour	5.000g	Knead all the ingredients for about 10 minutes (spiral kneading machine).
water	2.500g	Make sure that the temperature of the dough at the end of the kneading is 26-27°C.
NATUR ACTIV	300g	Let rise for 12 hours at 26-28°C or, as an alternative, for 16-18 hour at 20-22°C.

SECOND DOUGH

flour	5.000g	Knead all the ingredients together with the first dough for about 10 minutes in a spiral kneading machine, until the dough is smooth.
water	3.000g	Anyway, keep on kneading until the dough is well elastic.
BIOCONCEPT	50-80g	Make sure that the temperature of the dough at the end of the kneading is 24-26°C.
salt	180-200g	Let the dough rest for 60-70 minutes a 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

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