



# NATURALLY LEAVENED BREAD

chef 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 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

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