



# LOAF AND SANDWICH

👤 Intermediate level



**RECIPE CREATED BY:**

Marco De Grada  
Pastry chef

## PROCEDURE

### L'AUTENTICO

water  
fresh yeast

5000g  
3250g  
150g

### Times and temperatures

Temperature of the dough at 26-27°C

Knead time (spiral mixer) 15 minutes

Bulk fermentation 20-30 minutes at 22-24°C.

Resting for 10 minutes at 22-24°C

Proofing for 45-50 minutes at 28-30°C with relative humidity of about 70-80%.

Baking for 20 minutes at 220-230°C for pieces of about 70 grams, 40 minutes at 220-230 for pieces of about 500 grams.

**DOUGH:** start the dough with 3 kg of water (60% compared to the flour) for 4 minutes on first speed and then 7-8 minutes on second speed. Add the water little by little and keep mixing for another 2-3 minutes. Specified times are for the spiral mixers, knead until you obtain a smooth and elastic dough.

**BULK FERMENTATION:** place the dough in a bucket previously oiled or dusted with flour, cover with a cloth and let it rest for 20-30 minutes at room temperature (22-24°C)

**SCALING:** divide the dough into the desired size

**PRESHAPING:** Roll up creating the desired shape

**RESTING:** let it rest for 10 minutes

**FINAL SHAPING:** shape as desired into loaves, baguette, batard, bread balls...

**PROOFING:** place into the proofer at 28-30°C with relative humidity of 75% for 45-50 minutes.

**BAKING:** Bake with initial steam at 220-230°C for varying times depending on the size of the dough.

During the last 10 minutes open the valve of the oven.

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## FINAL COMPOSITION

ADVICES: Times for the bulk fermentation and for the proofing may differ due to room temperature.



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