



# MEDITERRANEAN BREAD

chef Basic level

MEDITERRANEAN SPICE FLAVOURED BREAD

## MEDITERRANEAN BREAD

### INGREDIENTS

#### GRAN MEDITERRANEO

water  
olive oil  
fresh yeast

### PREPARATION

10.000g Knead GRAN MEDITERRANEO, oil and yeast with 2/3 of the dose of water for  
5.000g a few minutes in a kneading machine (better if you use a plunging arm  
400g kneading machine or a spiral one).  
400g Then, pour the remaining water in 2-3 times and make sure that all the water  
is absorbed.  
Keep on kneading until the dough is smooth and elastic.  
Consider that the kneading time is about 15 minutes in spiral kneading  
machine, while the use of a plunging arm kneading machine requires a  
longer kneading time.  
When done, let the dough rest for 15-20 minutes at 22-24°C. (RESTING TIME).

## Final composition

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When the resting time is over, divide the dough into portions (usually 70g or 500g of dough for each portion).

Roll the dough up tight to shape loaves, either round or long.

Transfer the dough in the proofer room at 28-30°C with relative humidity of the 70-80% for about 50-60 minutes. If you want to provide your bread with an homemade look, let it rise onto well floured board instead.

At the end of the rising time, bake the 70g loaves for 20 minutes and the 500g loaves for 50 minutes, both at 220-230°C. It is advisable to open the valve towards the end of the baking so as to allow bread to dry out well.

N.B.

The recommended times for each step (kneading, resting, rising and baking) can be adjusted according to what the working process requires.