

RUSTIC BREAD (GRAN RUSTICO 30%)

Basic level

SAVOURY LEAVENED PRODUCTS

DOUGH

GRAN RUSTICO NUCLEO 50%	5.000g
type 0 white flour	5.000g
water	5.000-5.500g
fresh yeast	400g

Knead all the ingredients for about 15 minutes (spiral kneading machine), until the dough is smooth.
Anyway, keep on kneading until the dough is well elastic.
Make sure that the temperature of the dough at the end of the kneading is 26-27°C.
Let the dough rest for 15-20 minutes at 22-24°C, then portion it out.
Roll the portions of dough up tigh into round or long thin loaves.
Transfer 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.

FINAL COMPOSITION

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.