



# MULTI-CEREAL SEEDED DARK BREAD (MULTIGRAIN FIT)

🏠 Basic level

SAVOURY LEAVENED PRODUCTS

## DOUGH

### INGREDIENTS

#### MULTIGRAIN FIT

flour  
water  
fresh yeast

### PREPARATION

5.000g Knead all the ingredients for about 15 minutes (spiral kneading machine),  
5.000g until the dough is smooth.  
5.000g Anyway, keep on kneading until the dough is well elastic.  
400g 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 divide the dough into  
portions.  
Roll the portions of dough up tight into loaves of the desired shape.  
Transfer in the proofer room at 28-30°C, with relative humidity of the 70-80%,  
for about 45-50 minutes.

## 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.