

MULTI-CEREAL SEEDED DARK BREAD (MULTIGRAIN FIT)

Basic level

SAVOURY LEAVENED PRODUCTS

DOUGH

MULTIGRAIN FIT	5.000g
flour	5.000g
water	5.000g
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 divide the dough into portions.
Roll the portions of dough up tigh 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.

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