



CIABATTAS

chef Intermediate level

INGREDIENTS

flour

YORK HP

MALTEX EVO

fresh yeast

salt

water

PREPARATION

10.000g Wheat meal g 10.000 YORK HPg 100 MALTEXg 50 Yeast g 200 Salt g 200
100g Water g 7.000-7.500 Kneading time: about 15 minutes (spiral kneading
50g machine) Dough temperature: 24-25°C Resting: 60 minutes at room
200g temperature (20-22°C) Weight scaling: 250-300g pieces Leavening: 45-50
200g minutes at 22-24°C Baking: 220-230°C according to the size of the pieces
7.000-7.500g KNEADING: the water should be added gradually; continue kneading until a
smooth, perfectly uniform consistency is obtained. RESTING: leave to rest at
room temperature (20-22°C) for 60 minutes. WEIGHT SCALING AND
SHAPING: divide into 250-300g pieces, roll up into balls and place on well
floured boards. LEAVENING: leave to rise at room temperature (22-24°C) for
45-50 minutes. BAKING: turn the ciabattas upside down and place them on
baking sheets, pressing them down lightly with your finger tips. Bake at 220-
230°C with humidity, time depending on the size of the pieces. Open the
valve 5 minutes before the end of the baking.