

TUSCAN BREAD (NATUR ACTIV)

Intermediate level

TRADITIONAL NATURALLY LEAVENED BREAD ("PANE SCIOCCO") FROM TUSCANY AND CENTRAL ITALY

FIRST DOUGH (BIGA)

flour - (280-300w)	5.000g
water	2.500g
NATUR ACTIV	300g

Knead flour and NATUR ACTIV with 2/3 of the dose of water for a few minutes in a kneading machine (better if you use a plunging arm kneading machine or a spiral one).
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 10 minutes in spiral kneading machine, while the use of a plunging arm kneading machine requires a longer kneading time).
Let the dough rise for 12-13 hours at 24-26°C or, as an alternative, for 14-16 hours at 20-22°C. During the rising time, the dough shall quadruple its initial volume.

SECOND DOUGH

first dough	7.800g
flour - (240-250w)	5.000g
water	3.400-3.500g
salt - (aggiunto verso la fine dell'impasto)	50g
YORK EVOLUTION	100g

Knead the first dough with flour, salt, YORK EVOLUTION and half dose of water for a few minutes.
Gradually pour the remaining water in 2-3 times, until fully absorbed.
Keep on kneading until the dough is smooth and elastic (consider that the kneading time is about 10 minutes in spiral kneading machine and that the temperature of the dough at the end of the kneading shall be about 26-27°C).
Let the dough rest in the proofer room for 60-70 minutes at 28-30°C with relative humidity of the 70-80% (RESTING TIME).

irca GROUP
Extraordinary made simple.

FINAL COMPOSITION

Remove the dough from the proofer room and overturn it onto a well floured work surface, then flour the top of the dough too.
Divide the dough into portions (800g each).
Shape each portion into a four-cornered loaf or into a long loaf, then transfer them onto a well flour board.
Cover the loaves with a cloth and let them rise in the proofer room at 28-30°C, with relative humidity of the 70-80%, for 90 minutes at least.
At the end of the rising time, carefully move them onto a baking tray and bake at about 220-230°C with steam, for 20-25 minutes (depending on the scale).