



# SOFT PULLMAN BREAD

👤 Advanced level



**RECIPE CREATED BY:**

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Pastry chef

## PROCEDURE

SOFT BREAD 50%  
CEREAL PLUS 50% - o MULTIGRAIN FIT  
50%

type 00 white flour - 240 W  
water  
sunflower oil  
fresh yeast

1000g  
500g  
500g  
900g  
80g  
50g

### Times and temperatures

Temperature of the dough at 26-27°C  
Knead time (spiral mixer) 13 minutes  
Resting for 5 minutes at 22-24°C  
Proofing for 80-90 minutes at 28-30°C  
Baking with steam at 210-220°C for 25 minutes.  
DOUGH: knead for 3 minutes on first speed and for 9-10 minutes on second speed. Specified times are for spiral mixers, knead until you obtain a smooth and elastic dough.  
RESTING: let it rest at 22-24°C for 5 minutes.  
SCALING: divide the dough into 500 grams pieces for 10x10x20 cm moulds.  
SHAPING: shape the dough pieces into cylinders of the length of the moulds. Place them in lightly oiled moulds.  
PROOFING: place in the proofer at 28-30°C with relative humidity of 75-80% for about 80-90 minutes.  
BAKING: bake at 210-220°C for about 25 minutes.  
As soon as it is out of the oven unmould the bread and let it cool on racks.

## FINAL COMPOSITION

The product can be packed in polythene bags as soon as it reaches a core temperature lower than 25°C. If cool stored, the product can last up to 7-10 days.

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GROUP

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made simple.