



CIABATTA BREAD WITH BUCKWHEAT

chef Intermediate level

base dough

INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE

buckwheat flour

water

water

yeast

salt

PREPARATION

850g Dough temperature at about 30°C.

150g -Mix all the ingredients except for water (2) at medium speed in a planetary

850g mixer fitted with paddle for 3 minutes.

250g -Add water (2) in more than once and knead for another 2/3 minutes.

50g -Let it rest for 20 minutes in a bowl greased with oil or a baking release spray.

28-30g -Overturn the dough on a table well dusted with buckwheat flour

-Flour the surface and press the dough creating a rectangle with the height of about 2 cm.

-Break it creating regular strings of the length of 15-20x7-8 cm.

-Let it rise for 30-45 minutes at 32°C with relative humidity at 75-80%.

-Bake at 220-230°C for 18-20 minutes with plenty of steam.

ADVICES:

-Water temperature must be at 37°C to have best workability, growth and proofing of the final product.