

FILLED SOFT BREAD

Advanced level



RECIPE CREATED BY:

Marco De Grada

Pastry chef

PROCEDURE

SOFT BREAD 50%	1kg
durum wheat - alternatively: Flour type 00 (240 W)	1kg
water	1kg
sunflower oil	80g
salt	5g
fresh yeast	60g

Times and temperatures
Temperature of the dough at 26-27°C
Knead time (spiral mixer): 13 minutes
Bulk fermentation: 10 minutes at 22-24°C
Proofing for 60-70 minutes at 28-30°C.
Baking with steam at 220-240°C for 10-12 minutes.
DOUGH: knead for 3 minutes on first speed and 9-10 minutes on second speed.
Specified times are for the spiral mixers, knead until you obtain a smooth and elastic dough.
RESTING: let it rest at 22-24°C for 10 minutes.
SCALING: divide the dough into pieces of about 25 grams.
SHAPING: shape the dough pieces into balls. Place 6 balls, slightly distanced, in a pullman loaf pan.
PROOFING: place in the proofer at 28-30°C with relative humidity of 75-80% for about 60-70 minutes.
BAKING: bake, with initial steam, at 230-240°C in a static oven or at 220°C in a convection oven for about 10-12 minutes. Once completely cooled, cut the bread into two or three layers and stuff as you like.

FINAL COMPOSITION

Unstuffed sandwiches can be packed in polythene bags.
If cool stored, the product can last up to 7-10 days.