



# GLUTEN FREE CORN, QUINOA AND SUNFLOWER BREAD

Chef Intermediate level

## Dough

### INGREDIENTS

#### PANE PIZZA & FOCACCIA GLUTEN FREE

corn flour

sunflower seeds

water

yeast

salt

### PREPARATION

1000g Dough temperature at about 30°C.

250g -Mix all the ingredients at medium speed in a planetary mixer fitted with 100g paddle for 5 minutes.

200g -Sprinkle with the mix or with rice, buckwheat or corn flour covering the 1200g entire surface. Roll out the dough creating a 30x40 rectangle.

50g -Let it rest for 5-10 minutes at room temperature.

32g -Break the dough creating turbots of about 100gr and place them over a cloth covered with corn flour or on a tray covered with parchment paper.

-Let it rise for about 1 hour in the proofer room at 30°C with relative humidity at 60-70%.

-Flip the loaves and place them over a tray.

-Bake with plenty of steam at 230°C for about 25 minutes.

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