



GLUTEN FREE CORN, QUINOA AND SUNFLOWER BREAD

👤 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.