

GLUTEN FREE CORN, QUINOA AND SUNFLOWER BREAD

Dough

INGREDIENTS

PANE PIZZA & amp; 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.

 $_{50q}^{-}$ -Let it rest for 5-10 minutes at room temperature.

-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.