

GLUTEN FREE CORN, QUINOA AND SUNFLOWER BREAD

Intermediate level

DOUGH

PANE PIZZA & FOCACCIA GLUTEN FREE	1000g
corn flour	250g
	100g
sunflower seeds	200g
water	1200g
yeast	50g
salt	32g

Dough temperature at about 30°C.
-Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.
-Sprinkle with the mix or with rice, buckwheat or corn flour covering the entire surface. Roll out the dough creating a 30x40 rectangle.
-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.

irca GROUP
Extraordinary made simple.