



GLUTEN FREE CORN, QUINOA AND SUNFLOWER BREAD

👤 Intermediate level

DOUGH

PANE PIZZA & FOCACCIA GLUTEN
FREE

corn flour

sunflower seeds

water

yeast

salt

1000g

250g

100g

200g

1200g

50g

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.