



GLUTEN FREE LOAVES WITH BUCKWHEAT, SESAME AND POPPY

👤 Intermediate level

Dough

INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE

buckwheat flour
poppy seeds
sesame seed
water
yeast
salt

PREPARATION

1000g Dough temperature at 30°C.
200g -Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.
50g
100g -Sprinkle with the mix or with rice, buckwheat or corn flour covering the entire surface. Roll out the dough creating a 30x40 rectangle.
1100g -Let it rest for 5-10 minutes at room temperature.
50g -Break the dough into cubes of about 100gr and place them on a cloth covered with buckwheat flour or directly on a tray covered with parchment paper.
30g -Let it rise for about 1 hour in the proofer room at 30°C with relative humidity at 70%.
-Flip the loaves and place them over a tray.
-Bake at 230°C with plenty of steam for about 25 minutes.
ADVICES: Water temperature must be at 37°C to have best workability, growth and proofing of the final product.