



# GLUTEN FREE LOAVES WITH BUCKWHEAT, SESAME AND POPPY

chef 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 50g paddle for 5 minutes.  
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  
30g covered with buckwheat flour or directly 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 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.