

GLUTEN FREE LOAVES WITH BUCKWHEAT, SESAME AND POPPY

Pasic level

Dough

INGREDIENTS

PANE PIZZA & amp; 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.

 $_{\mbox{\scriptsize 100g}}\,$ -Sprinkle with the mix or with rice, buckwheat or corn flour covering the

1100g entire surface. Roll out the dough creating a 30x40 rectangle.

-Let it rest for 5-10 minutes at room temperature.

-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.

-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 $^{\circ}\text{C}$ 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.