

## **GLUTEN FREE BREADSTICKS WITH SUNFLOWER SEED**

Dough temperature 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 60x40 rectangle.
- -Let it rest for 5-10 minutes at room temperature.
- -Break the loaves of a length of about 20 cm and width of 1 cm. Place them on a tray covered with parchment paper.
- -Let it rise for about 1 hour in a proofer room at 30°C with relative humidity at 70%.
- -Bake with plenty of steam at 200°C for about 25 minutes opening the valve during the last 5 minutes of cooking.

 $\textbf{ADVICES} : Water temperature \ must \ be \ at \ 37^{\circ}\text{C} \ to \ have \ best \ workability, growth \ and \ proofing \ of the final \ product.$