

GLUTEN FREE BREADSTICKS WITH SUNFLOWER SEED

Intermediate level

PROCEDURE

PANE PIZZA & FOCACCIA GLUTEN FREE	1000g
buckwheat flour	100g
sunflower seeds	200g
water - at 37°C	1000g
yeast	50g
salt	30g

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.

ADVICES: Water temperature must be at 37°C to have best workability, growth and proofing of the final product.