



CIABATTA BREAD (NATURAL LEAVENING)

chef Advanced level

SPECIAL SOURDOUGH BREAD

This double dough production process allows you to have a bread with a thin and crunchy crust and a wet crumb.

FIRST DOUGH

INGREDIENTS

GRAN RUSTICO

water

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PREPARATION

3.000g **Times and temperatures**

1.650g Dough temperature at 26-27°C

120g Knead time (spiral mixer) 5-6 minutes

Proof at 18-20°C for 15-16 hours. The next morning the dough should have triplicated its volume.

SECOND DOUGH

INGREDIENTS

flour

water

OROMALT

salt

PREPARATION

750g **Times and temperatures**

900g Dough temperature at 26-27°C

50g Knead time (spiral mixer) 12-15 minutes

12g Bulk fermentation at 28-0°C for 1 hour

Scale into 400g pieces

Shape into loads and place over floured cloths, and then leave them to proof.

Proof at 26-28°C for 70-90 minutes.

Bake for 25 minutes at about 220-230°C.

Final composition

DOUGH: start the second dough with all the ingredients and just 400g of water for 1 minute on first speed. Knead for another 3-4 minutes on second speed, add the remaining water little by little and keep kneading for 8-11 minutes.

Specified times are for the spiral mixers, knead until you obtain a smooth and elastic dough.

PROOF: let it proof for 1 hour at 28-30°C giving a fold after 30 minutes.

SCALE: scale the dough into 400g pieces, roll them up gently into loads and place them over well-floured trays.

PROOF: place to proof at 28-30°C for 70-90 minutes.

BAKE: overturn the loads over the trays and stretch slightly. Bake with initial steam at 220-230°C for 23-25 minutes. During the last 5-7 minutes open the valve.

ADVICES:

- Times for the proofing may differ due to room temperature.

- After the scaling process is possible to place the loads into floured boxes and store them in the fridge at 5°C for at least 6 hours and a maximum of 20-22 hours.