



# PROTEIN BREAD

🏠 Intermediate level

## DOUGH

### PROTEIN BREAD

water  
fresh yeast  
salt

10kg  
6,5g  
300g  
100g

**Mix** all the ingredients together, gradually adding the water and waiting until a good **dough structure** forms.

- **Dough temperature:** 26–27°C
- **Kneading time:** 4 minutes at speed 1 / 8–10 minutes at speed 2 (spiral)
- **Punching:** 15–20 minutes at 22–24°C
- **Dividing:** 70 to 500 g pieces
- **Rising:** 50–60 minutes at 28–30°C with relative humidity 70–80%
- **Baking:** 20 minutes at 220–230°C for 70 g pieces / 50 minutes at 220–230°C for 500 g pieces

## FINAL COMPOSITION

Proofing and rising times can be adjusted according to the temperatures encountered during production. The following recipe produces a bread rich in protein and fiber, in accordance with EU Regulation 1924/2006 (energy value from protein: 20.8% and fiber content: 7.7 g per 100 g of product, values supported by laboratory analysis).