



PROTEIN BREAD

Chef Intermediate level

DOUGH

INGREDIENTS

PROTEIN BREAD

water
fresh yeast
salt

PREPARATION

10kg **Mix** all the ingredients together, gradually adding the water and waiting 6,5g until a good **dough structure** forms.
300g
100g

- **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).