

CRACKER AND GRISSINI WITH PROTEIN BREAD

Intermediate level

DOUGH

PROTEIN BREAD	10g
water	6,5-7kg
fresh yeast	300g
olive oil	150g
salt	100g

Mix all the ingredients together, paying attention to the liquids.

- Dough temperature: 26-27°C
- Kneading time: 4 minutes at speed 1 / 8-10 minutes at speed 2 (spiral)

CRACKER

- Punching: Let the dough rest at 24-26°C for 20-30 minutes, then roll it out to a thickness of 1-3 mm and place it on baking sheets.
- Proofing: 90 minutes at 28-30°C with relative humidity of 70-80%.
- Prick and cut into the desired shape. Baking: 20-25 minutes at 220-230°C.

BREADSTICKS

- Punching: Form a loaf, cover, and let it rest for 30-40 minutes at 28-30°C.
- Cut the dough into strips and stretch each strip with your hands until it forms a breadstick.
- Place the breadstick on a tray and let it rise for about 90 minutes at 28-30°C.
- Baking: Bake at 220-230°C for about 20-25 minutes.

FINAL COMPOSITION

By following the recipes below, you can make crackers and breadsticks rich in protein and fiber, in compliance with EU Regulation 1924/2006 (energy value from protein: 20.8% and fiber content: 12.5 g per 100 g of product, supported by laboratory analysis).

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