

# CRACKER AND GRISSINI WITH PROTEIN BREAD

## **DOUGH**

#### **INGREDIENTS**

PROTEIN BREAD

water fresh yeast olive oil salt

### PREPARATION

10g Mix all the ingredients together, paying attention to the liquids.

• Dough temperature: 26-27°C

6,5-7kg

300g

150g

100g

## **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.

• Kneading time: 4 minutes at speed 1 / 8-10 minutes at speed 2 (spiral)

- 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-
- 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).