



## MULTI-CEREAL SEEDED DARK BREAD (MULTIGRAIN FIT)

### SAVOURY LEAVENED PRODUCTS

DIFFICULTY LEVEL



#### DOUGH

##### INGREDIENTS

MULTIGRAIN FIT	g 5.000
FLOUR - FOR BREAD	g 5.000
WATER	g 5.000
FRESH YEAST	g 400

##### PREPARATION

Knead all the ingredients for about 15 minutes (spiral kneading machine), until the dough is smooth.

Anyway, keep on kneading until the dough is well elastic.

Make sure that the temperature of the dough at the end of the kneading is 26-27°C.

Let the dough rest for 15-20 minutes at 22-24°C, then divide the dough into portions.

Roll the portions of dough up tight into loaves of the desired shape.

Transfer in the proofer room at 28-30°C, with relative humidity of the 70-80%, for about 45-50 minutes.

##### FINAL COMPOSITION

Bake the 70g loaves for 20 minutes and the 500g loaves for 50 minutes, both at 220-230°C.

It is advisable to open the valve towards the end of the baking so as to allow bread to dry out well.

##### AMBASSADOR'S TIPS

The recommended times for resting and rising refer to 200g portions, so they have to be slightly lengthen for bigger portions and shorten for smaller portions.