



ITALIAN "TARTARUGA" BREAD (NUCLEO 20%)

SAVOURY LEAVENED PRODUCTS

DIFFICULTY LEVEL



DOUGH

INGREDIENTS

PAN TARTARUGA 20%

WHEAT FLOUR - FOR BREAD MAKING

WATER

EXTRA VIRGIN OLIVE OIL

FRESH YEAST

PREPARATION

g 2000 Knead PAN TARTARUGA NUCLEO 20%, wheat flour, olive oil and yeast with 2/3 of the dose of
g 8000 water for a few minutes in a kneading machine (better if you use a plunging arm kneading
g 5500 machine or a spiral one).
g 400 Then, pour the remaining water in 2-3 times (make sure that all the poured water has been
g 400 absorbed before adding more).

Keep on kneading until the dough is smooth and elastic (consider that the kneading time is about 10 minutes in a spiral kneading machine, while the use of a plunging arm kneading machine requires a longer kneading time).

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

Cover the dough with a cloth and let it rest for 20 minutes at 22-24°C (FIRST RESTING TIME).

Divide the dough into 80-100g portions.

Roll the portions of dough up tight into round loaves using a mould machine, then transfer them in the proofer room at 28-30°C, with relative humidity of the 70-80%, for 20 minutes (SECOND RESTING TIME).

FINAL COMPOSITION

When the second resting time is over, gently press the loaves onto a proper squared mould to imprint a chequered pattern on one side. As an alternative, you can also flour the loaves abundantly before imprinting.

Return to the proofer room and let rise at 28-30°C, with relative humidity of the 70-80%, for 45 minutes.

Before baking, flip the loaves over, so that the imprinted surface turns upwards.

Bake in a deck oven for 20-25 minutes at 220-230°C with the valve closed.

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