



GLUTEN FREE BREADSTICKS WITH SUNFLOWER SEED

STEP 1

INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE
BUCKWHEAT FLOUR
SUNFLOWER SEEDS
WATER - AT 37°C
YEAST
SALT

PREPARATION

g 1000 Dough temperature about 30°C.
g 100 -Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.
g 200 -Sprinkle with the mix or with rice, buckwheat or corn flour covering the entire surface. Roll out
g 1000 the dough creating a 60x40 rectangle.
g 50 -Let it rest for 5-10 minutes at room temperature.
g 30 -Break the loaves of a length of about 20 cm and width of 1 cm. Place them on a tray covered
with parchment paper.
-Let it rise for about 1 hour in a proofer room at 30°C with relative humidity at 70%.
-Bake with plenty of steam at 200°C for about 25 minutes opening the valve during the last 5
minutes of cooking.
ADVICES: Water temperature must be at 37°C to have best workability, growth and proofing of
the final product.