



GLUTEN FREE LAUGENBROT

BICARBONATE SOLUTION

INGREDIENTS

WATER	g 2000
BICARBONATE	g 200
SALT	g 50

PREPARATION

-Mix the ingredients and bring to boil maintaining the temperature at 80-85°C.

DOUGH

INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE	g 1000
WATER - AT 37°C	g 800
UNSALTED BUTTER 82% FAT - SOFT	g 50
CASTER SUGAR	g 50
YEAST	g 50
SALT	g 30

PREPARATION

Dough temperature at 30°C.

-Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.

-Place the dough over some flour or rice semolina covering the entire surface and roll out the dough creating a 30x30 cm square with a height of 3 cm.

-Let it rest for 5 minutes.

-Break the dough into 3x10 rectangles and place them over a tray covered with parchment paper.

-Refrigerate for at least 2 hours.

FINAL COMPOSITION

-Pour the loaves still cold in the bicarbonate solution for 1 minute and flip them from time to time.

-Place them over the tray.

-Engrave with a blade.

-Bake at 220°C in a static oven or at 200°C in a convection oven for 15 minutes.

ADVICES:

-Water temperature must be at 37°C to have best workability, growth and proofing of the final product.

-It's possible to add to the basic recipe 100 grams of corn or buckwheat flour.