



CEREAL SEEDED BREAD WITH SOY FIBER

SAVOURY LEAVENED PRODUCTS

DIFFICULTY LEVEL



DOUGH

INGREDIENTS

COMPAGNON 50%

FLOUR - FOR BREAD

WATER - FROM 65 UP TO 68%

FRESH YEAST

PREPARATION

g 5000

Knead all the ingredients for about 25-30 minutes (depending on what kind of kneading machine you use) and, anyway, until the dough is well-combined and smooth.

g 5000

g 6500

Make sure that the temperature of the dough at the end of the kneading is 25-26°C.

g 300

Let the dough rest for 30-40 minutes at 22-24°C, then divide the dough into 400g portions.

Roll the portions of dough up tight to shape loaves.

Transfer in the proofer room at 28-30°C, with relative humidity of the 70-80%, for about 50-60 minutes.

FINAL COMPOSITION

Bake for 40-50 minutes at 230-240°C.

AMBASSADOR'S TIPS

The dose of water shall be adjusted according to the properties of the flour you use.