



RYE BREAD WITH CUMIN

RUSTIC BREAD

DIFFICULTY LEVEL



FIRST DOUGH

INGREDIENTS

GRANSEGALE
WATER
NATUR ACTIV

g 1.000
g 650
g 80

PREPARATION

Knead GRANSEGALE and NATUR ACTIV with 2/3 of the dose of water for a few minutes in a kneading machine (better if you use a plunging arm kneading machine or a spiral one).

Then, add the remaining water in 2-3 times, making sure that all the poured water is absorbed before adding more.

Keep on kneading until the dough is smooth and elastic (consider that the kneading time is about 10 minutes in spiral kneading machine).

Cover the dough with a cloth and let rise in the proofer room for 12 hours at 26-28°C or, as an alternative, for 16-18 hour at 20-22°C, depending on your needs.

SECOND DOUGH

INGREDIENTS

GRANSEGALE
WATER
CUMIN SEED
FENNEL SEED

g 1.000
g 1.350
g 15-20
g 15-20

PREPARATION

Knead GRANSEGALE together with the first dough for a few minutes.

Gradually pour the water and then add cumin seed and fennel seed.

The resulting dough shall be well hydrated and sticky.

Let the dough rest in the proofer room for 60-70 minutes at 30-32°C (RESTING TIME).

FINAL COMPOSITION

When the resting time in the proofer room is over, divide the dough into 100g loaves.

Let rise at 30-32°C for 90-100 minutes.

Bake for 20 minutes at 220-230°C in a deck oven with steam.