



ARABIAN OAT BREAD (PANE ARABO AVENA NUCLEO 20%)

TYPICAL BREAD FROM ARABIA

DIFFICULTY LEVEL



DOUGH

INGREDIENTS

PANE ARABO AVENA NUCLEO 20%
WHEAT FLOUR - FOR BREAD
WATER
EXTRA VIRGIN OLIVE OIL
YEAST

g 2000
g 8000
g 5500
g 400
g 400

PREPARATION

Knead PANE ARABO AVENA NUCLEO 20%, wheat flour, extra virgin oil and yeast 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, pour the remaining water in 2-3 times. Make sure that 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 and that the temperature of the dough at the end of the kneading shall be 26-27°C).

At the end of the kneading, cover the dough well with a cloth and let it rest for 30 minutes at room temperature of 22-24°C (FIRST RESTING TIME).

Divide the dough into 100g portions and let them rest for another 15 minutes at 22-24°C (SECOND RESTING TIME).

FINAL COMPOSITION

When the second resting time is over, roll each portion of dough out to 7-8 mm.

Let rise in the proofer room for 15-20 minutes at 35°C with relative humidity of the 70-80%.

Bake the loaves in a deck oven for about 6 minutes at 280°C.

N.B.

The recommended times for resting and rising can be adjusted according to the actual room temperature conditions.