



## LOAF AND SANDWICH

### STEP 1

---

#### INGREDIENTS

L'AUTENTICO  
WATER  
FRESH YEAST

g 5000  
g 3250  
g 150

#### PREPARATION

##### Times and temperatures

Temperature of the dough at 26-27°C

Knead time (spiral mixer) 15 minutes

Bulk fermentation 20-30 minutes at 22-24°C.

Resting for 10 minutes at 22-24°C

Proofing for 45-50 minutes at 28-30°C with relative humidity of about 70-80%.

Baking for 20 minutes at 220-230°C for pieces of about 70 grams, 40 minutes at 220-230 for pieces of about 500 grams.

DOUGH: start the dough with 3 kg of water (60% compared to the flour) for 4 minutes on first speed and then 7-8 minutes on second speed. Add the water little by little and keep mixing for another 2-3 minutes.

Specified times are for the spiral mixers, knead until you obtain a smooth and elastic dough.

BULK FERMENTATION: place the dough in a bucket previously oiled or dusted with flour, cover with a cloth and let it rest for 20-30 minutes at room temperature (22-24°C)

SCALING: divide the dough into the desired size

PRESHAPING: Roll up creating the desired shape

RESTING: let it rest for 10 minutes

FINAL SHAPING: shape as desired into loaves, baguette, batard, bread balls...

PROOFING: place into the proofer at 28-30°C with relative humidity of 75% for 45-50 minutes.

BAKING: Bake with initial steam at 220-230°C for varying times depending on the size of the dough. During the last 10 minutes open the valve of the oven.

#### FINAL COMPOSITION

ADVICES: Times for the bulk fermentation and for the proofing may differ due to room temperature.

#### RECIPE CREATED FOR YOU BY MARCO DE GRADA

PASTRY CHEF, CHOCOLATIER AND BAKER