



CIABATTA BREAD (NATURAL LEAVENING)

SPECIAL SOURDOUGH BREAD

THIS DOUBLE DOUGH PRODUCTION PROCESS ALLOWS YOU TO HAVE A BREAD WITH A THIN AND CRUNCHY CRUST AND A WET CRUMB.

DIFFICULTY LEVEL



FIRST DOUGH

INGREDIENTS

GRAN RUSTICO	g 3.000
WATER	g 1.650
NATUR ACTIV	g 120

PREPARATION

Times and temperatures

Dough temperature at 26-27°C

Knead time (spiral mixer) 5-6 minutes

Proof at 18-20°C for 15-16 hours. The next morning the dough should have triplicated its volume.

SECOND DOUGH

INGREDIENTS

FLOUR - 240W	g 750
WATER	g 900
OROMALT - MALT FLOUR	g 50
SALT	g 12

PREPARATION

Times and temperatures

Dough temperature at 26-27°C

Knead time (spiral mixer) 12-15 minutes

Bulk fermentation at 28-0°C for 1 hour

Scale into 400g pieces

Shape into loads and place over floured cloths, and then leave them to proof.

Proof at 26-28°C for 70-90 minutes.

Bake for 25 minutes at about 220-230°C.

FINAL COMPOSITION

DOUGH: start the second dough with all the ingredients and just 400g of water for 1 minute on first speed. Knead for another 3-4 minutes on second speed, add the remaining water little by little and keep kneading for 8-11 minutes.

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

PROOF: let it proof for 1 hour at 28-30°C giving a fold after 30 minutes.

SCALE: scale the dough into 400g pieces, roll them up gently into loads and place them over well-floured trays.

PROOF: place to proof at 28-30°C for 70-90 minutes.

BAKE: overturn the loads over the trays and stretch slightly. Bake with initial steam at 220-230°C for 23-25 minutes. During the last 5-7 minutes open the valve.

ADVICES:

- Times for the proofing may differ due to room temperature.
- After the scaling process is possible to place the loads into floured boxes and store them in the fridge at 5°C for at least 6 hours and a maximum of 20-22 hours.

RECIPE CREATED FOR YOU BY MARCO DE GRADA

PASTRY CHEF, CHOCOLATIER AND BAKER