



## FILLED SOFT BREAD

### STEP 1

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#### INGREDIENTS

SOFT BREAD 50%

DURUM WHEAT - ALTERNATIVELY: FLOUR TYPE 00 (240 W)

WATER

SUNFLOWER OIL

SALT

FRESH YEAST

#### PREPARATION

Kg 1 **Times and temperatures**

Kg 1 Temperature of the dough at 26-27°C

Kg 1 Knead time (spiral mixer): 13 minutes

g 80 Bulk fermentation: 10 minutes at 22-24°C

g 5 Proofing for 60-70 minutes at 28-30°C.

g 60 Baking with steam at 220-240°C for 10-12 minutes.

DOUGH: knead for 3 minutes on first speed and 9-10 minutes on second speed.

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

RESTING: let it rest at 22-24°C for 10 minutes.

SCALING: divide the dough into pieces of about 25 grams.

SHAPING: shape the dough pieces into balls. Place 6 balls, slightly distanced, in a pullman loaf pan.

PROOFING: place in the proofer at 28-30°C with relative humidity of 75-80% for about 60-70 minutes.

BAKING: bake, with initial steam, at 230-240°C in a static oven or at 220°C in a convection oven for about 10-12 minutes. Once completely cooled, cut the bread into two or three layers and stuff as you like.

## FINAL COMPOSITION

Unstuffed sandwiches can be packed in polythene bags.

If cool stored, the product can last up to 7-10 days.

## RECIPE CREATED FOR YOU BY MARCO DE GRADA

PASTRY CHEF, CHOCOLATIER AND BAKER