



GLUTEN FREE LOAVES WITH BUCKWHEAT, SESAME AND POPPY

DOUGH

INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE
BUCKWHEAT FLOUR
POPPY SEEDS
SESAME SEED
WATER - AT 37°C
YEAST
SALT

PREPARATION

g 1000 Dough temperature at 30°C.
g 200 -Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.
g 50 -Sprinkle with the mix or with rice, buckwheat or corn flour covering the entire surface. Roll out
g 100 the dough creating a 30x40 rectangle.
g 1100 -Let it rest for 5-10 minutes at room temperature.
g 50 -Break the dough into cubes of about 100gr and place them on a cloth covered with buckwheat
g 30 flour or directly on a tray covered with parchment paper.
-Let it rise for about 1 hour in the proofer room at 30°C with relative humidity at 70%.
-Flip the loaves and place them over a tray.
-Bake at 230°C with plenty of steam for about 25 minutes.
ADVICES: Water temperature must be at 37°C to have best workability, growth and proofing of the final product.