



## MULTIGRAIN SEEDED BREAD (CEREAL PLUS 50%)

### PULLMAN BREAD

#### DIFFICULTY LEVEL



#### BREAD DOUGH

##### INGREDIENTS

CEREAL PLUS 50%	g 5.000
TYPE 00 WHITE FLOUR - FOR BREAD	g 5.000
WATER	g 5.500
OLIVE OIL	g 400
YEAST	g 400

##### PREPARATION

Knead CEREAL PLUS 50%, flour, water and yeast.

When the gluten structure is well formed and stretched out, gradually add the oil in a stream, in more than one step, until the dough is smooth and elastic.

Consider that the kneading time is about 15 minutes and that the temperature of the dough at the end of the kneading shall be 26-27°C.

N.B. The kneading time refers to the use of a spiral kneading machine.

#### FINISHING

##### INGREDIENTS

AMAVITA DECO'	To Taste
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##### FINAL COMPOSITION

Let the whole dough rest for 15-20 minutes at 22-24°C.

Divide the dough into portions (the scale depends on the size of the pans you choose).

Transfer the portions of dough into the pans and let rise at 28-30°C, with relative humidity of the 70-80%, for 45-50 minutes.

Before baking, moisten the loaves on top and decorate with AMAVITA DECO'.

Bake at 220-230°C for about 20 minutes in the case of 70g loaves and for 50 minutes in the case of 500g loaves.

Let cool down a little bit, then unmould the pullman bread.

N.B.

- The recommended times for resting and rising refer to 200g portions, so they have to be slightly lengthen for bigger portions and shorten for smaller portions.
- If you do let the dough rise out of a proofer room, cover it with a cloth to prevent the surface from drying out.