



SOY BREAD (NATUR ACTIV)

NATURALLY LEAVENED BREAD

DIFFICULTY LEVEL



FIRST DOUGH

INGREDIENTS

STRONG FLOUR

g 5.000

WATER

g 2.750

NATUR ACTIV

g 300

PREPARATION

Knead all the ingredients for about 10 minutes (spiral kneading machine).

Make sure that the temperature of the dough at the end of the kneading is 26-27°C.

Let rise for 12 hours at 26-28°C or, as an alternative, for 16-18 hour at 20-22°C.

SECOND DOUGH

INGREDIENTS

GRANSOIA NUCLEO 50%

g 5.000

WATER

g 3.000

PREPARATION

Knead all the ingredients together with the first dough for about 10 minutes in a spiral kneading machine, until the dough is smooth.

Anyway, keep on kneading until the dough is well elastic.

Make sure that the temperature of the dough at the end of the kneading is 24-26°C.

Let the dough rest for 60-70 minutes a 28-30°C, then divide it into portions (from 100g up to 500g).

Roll the portions of dough up into loaves, either round or long-shaped.

Transfer in the proofer room at 28-30°C, with relative humidity of the 70-80%, for about 90 minutes.

FINAL COMPOSITION

Bake the 100g loaves for 20 minutes and the 500g loaves for 40 minutes, both at 210-220°C.