



MULTI-CEREAL SEEDED DARK BREAD (NATUR ACTIV - MULTIGRAIN FIT)

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

MULTIGRAIN FIT	g 5.000
WATER	g 2.750

PREPARATION

Knead all the ingredients together with the first dough for about 10 minutes, 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.
If you want to provide your bread with an homemade look, let it rise onto well floured board instead.

FINAL COMPOSITION

Bake at 210-220°C for about 20 minutes in the case of 100g loaves and for 40 minutes in the case of 500g loaves.