



AMERICAN PULLMAN BREAD (ROLL BURG)

PULLMAN BREAD - AMERICAN TRADITION

DIFFICULTY LEVEL



AMERICAN PULLMAN BREAD RECIPE

INGREDIENTS

ROLL BURG	g 10.000
WATER	g 4.200-4.300
FRESH YEAST	g 300

PREPARATION

Knead ROLL BURG and yeast with 2/3 of the dose of water for a few minutes in a kneading machine (better if you use a plunging arm kneading machine or a spiral one).

Then, pour the remaining water in 2-3 times and make sure that all the water is absorbed.

Keep on kneading until the dough is smooth and elastic (consider that the kneading time is about 15 minutes in spiral kneading machine, while the use of a plunging arm kneading machine requires a longer kneading time).

When ended the kneading (temperature of the dough of 26-27°C), cover the dough with a cloth and let it rest for 10-15 minutes at room temperature. (RESTING TIME).

FINAL COMPOSITION

When the resting time is over, divide the dough into portions according to the size of the chosen pan:

- 500g of dough for a 10x10x20cm pan
- 750g of dough for a 10x10x30cm pan
- 1000g of dough for a 10x10x40cm pan.

Roll each portion up tight to shape long loaves having the same length as the pan. Slightly grease the pans, then place the loaves into them, with the closure side down.

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

At the end of the rising time, bake for 35-40 minutes at 210-220°C with steam at the beginning.

Straight out of the oven, remove the pullman bread from the moulds.