



RUSTIC BREAD (NATUR ACTIV)

NATURALLY LEAVENED RUSTIC 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 the dough rest for 12 hours at 26-28°C or, as an alternative, for 16-18 hours at 20-22°C.

SECOND DOUGH

INGREDIENTS

GRAN RUSTICO NUCLEO 50%

g 5.000

WATER

g 2.500

PREPARATION

Knead all the ingredients together with the first dough for 10 minutes or 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 at 28-30°C, then divide it into portions (100g or 500g of dough for each portion).

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

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

If you want to provide your bread with an homemade look, let it rise onto well floured board instead.

FINAL COMPOSITION

Bake the 100g loaves for 20 minutes and the 500g loaves for 540 minutes, both at 210-220°C.