



CIABATTA TORCHON

STEP 1

INGREDIENTS

VITASAN BREAD

WATER

FRESH YEAST

Kg 10

Kg 7

g 600

PREPARATION

Kneading time (spiral mixer): 15-20 min. Resting time: 1 hour at room temperature (20-22°C). Put the dough in a tub, well greased and dusted with flour. Place in fridge (at 5°C) for 12-14 hours. Take out of the fridge and leave it at room temperature for about an hour. Turn the dough out on the table, generously flour the surface of the dough, flatten lightly and then, cut into long rectangles, each weighing about 500 g and twist them, giving them the typical spiral shape. Leavening at 28-30°C for about 1 hour. Bake at 220-230°C for 35-40 minutes.