



## SOFT PULLMAN BREAD

### STEP 1

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#### INGREDIENTS

SOFT BREAD 50%

CEREAL PLUS 50% - O MULTIGRAIN FIT 50%

TYPE 00 WHITE FLOUR - 240 W

WATER

SUNFLOWER OIL

FRESH YEAST

g 1000

g 500

g 500

g 900

g 80

g 50

#### PREPARATION

##### Times and temperatures

Temperature of the dough at 26-27°C

Knead time (spiral mixer) 13 minutes

Resting for 5 minutes at 22-24°C

Proofing for 80-90 minutes at 28-30°C

Baking with steam at 210-220°C for 25 minutes.

DOUGH: knead for 3 minutes on first speed and for 9-10 minutes on second speed. Specified times are for spiral mixers, knead until you obtain a smooth and elastic dough.

RESTING: let it rest at 22-24°C for 5 minutes.

SCALING: divide the dough into 500 grams pieces for 10x10x20 cm moulds.

SHAPING: shape the dough pieces into cylinders of the length of the moulds. Place them in lightly oiled moulds.

PROOFING: place in the proofer at 28-30°C with relative humidity of 75-80% for about 80-90 minutes.

BAKING: bake at 210-220°C for about 25 minutes.

As soon as it is out of the oven unmould the bread and let it cool on racks.

## FINAL COMPOSITION

The product can be packed in polythene bags as soon as it reaches a core temperature lower than 25°C. If cool stored, the product can last up to 7-10 days.

## RECIPE CREATED FOR YOU BY **MARCO DE GRADA**

PASTRY CHEF, CHOCOLATIER AND BAKER