



## PULLMAN BREAD

### Step 1

#### INGREDIENTS

L'AUTENTICO  
WATER  
OLIVE OIL  
FRESH YEAST

g 5000  
g 3000  
g 200  
g 150

#### PREPARATION

##### Times and temperature

Dough temperature at 26-27°C

Knead time (spiral mixer) 15 minutes

Resting for 10 minutes at 22-24°C

Proofing for 1 hour at 28-30°C with relative humidity of about 70-80%

Baking for 25 minutes at 220-230°C for pieces of about 500 grams.

DOUGH: knead all the ingredients for 4 minutes on first speed and for 11 minutes on second speed. Specified times are for the spiral mixers, knead until you obtain a smooth and elastic dough.

RESTING: let it rest for 10 minutes.

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

SHAPING: roll out the dough into oblongs of about the length of the pans. Place them on previously oiled pans with the closure on the bottom.

PROOFING: place in the proofer at 28-30°C with relative humidity of 75% for about 1 hour.

BAKING: bake with initial steam at 220-230°C for about 25 minutes. During the last 10 minutes open the valve of the oven.

Unmould and let it cool over a grill.

## FINAL COMPOSITION

ADVICES: Times for the bulk fermentation and for the proofing may differ due to room temperature.



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

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