



GLUTEN FREE BREADSTICKS WITH SUNFLOWER SEED

Step 1

INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE

BUCKWHEAT FLOUR

SUNFLOWER SEEDS

WATER - AT 37°C

YEAST

SALT

PREPARATION

g 1000

Dough temperature about 30°C.

g 100

-Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.

g 200

g 1000

-Sprinkle with the mix or with rice, buckwheat or corn flour covering the entire surface. Roll out the dough creating a 60x40 rectangle.

g 50

g 30

-Let it rest for 5-10 minutes at room temperature.

-Break the loaves of a length of about 20 cm and width of 1 cm. Place them on a tray covered with parchment paper.

-Let it rise for about 1 hour in a proofer room at 30°C with relative humidity at 70%.

-Bake with plenty of steam at 200°C for about 25 minutes opening the valve during the last 5 minutes of cooking.

ADVICES: Water temperature must be at 37°C to have best workability, growth and proofing of the final product.