

# RUSTIC BREAD (GRAN RUSTICO 30%)

SAVOURY LEAVENED PRODUCTS

**DIFFICULTY LEVEL**

## DOUGH

### INGREDIENTS

| | |
|---|---|
| GRAN RUSTICO NUCLEO 30% | g 3.000 |
| TYPE 0 WHITE FLOUR - SUITABLE FOR BREAD MAKING | g 7.000 |
| WATER | g 5.000-5.500 |
| FRESH YEAST | g 400 |

### PREPARATION

Knead all the ingredients for about 15 minutes (spiral kneading machine), 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 26-28°C.

Let the dough rest for 15-20 minutes at 22-24°C, then portion it out.

Roll the portions of dough up tigh into round or long thin loaves.

Transfer in the proofer room at 28-30°C, with relative humidity of the 70-80%, for about 50-60 minutes.

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

### FINAL COMPOSITION

Bake the 70g loaves for 20 minutes and the 500g loaves for 50 minutes, both at 220-230°C.

It is advisable to open the valve towards the end of the baking so as to allow bread to dry out well.

## AMBASSADOR'S TIPS

You can make small buns, long loaves, ring loaves, pullman bread, ciabiatta bread or focaccia, and, straight before baking, you can top them with sesame seed, sunflower seed, oat flakes or spelt flakes, adjusting the rising time according to the scale.