



RUSTIC RYE BREAD

SAVOURY LEAVENED PRODUCTS

DIFFICULTY LEVEL



DOUGH

INGREDIENTS

GRAN RUSTICO NUCLEO 50%	g 5.000
FLOUR - FOR BREAD	g 3.000
RYE FLOUR	g 2.000
WATER	g 5000-5.500
FRESH YEAST	g 500

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 26-27°C.

Let the dough rest for 15-30 minutes at 22-24°C, then portion it out.

Roll the portions of dough up tight into the desired shape.

Transfer in the proofer room at 28-30°C, with relative humidity of the 70-80%, for about 45-50 minutes.

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

The recommended times for resting and rising refer to 200g portions, so they have to be slightly lengthen for bigger portions and shorten for smaller portions.

For best results, bake the loaves when the rising process is still not at its maximum.