



Double dough Ciabattas

PRIMO IMPASTO

INGREDIENTS

FLOUR	g 3.500
WATER	g 2.500
NATURPAN PLUS	g 150
FRESH YEAST	g 125

PREPARATION

FIRST DOUGH: Flour g 3.500 Water g 2.500 NATURPAN C PLUSg 150 Yeast g 125
Leave the dough to rise at room temperature (20-22°C) for an hour. SECOND DOUGH: Flour g 1.500 Water g 1.200 MALTEXg 50 Salt g 100 Dough temperature: 24-25°C. Leave the dough to rest at room temperature for 5 minutes, divide into 250g pieces and place on well floured boards. Leave to rise for 50-60 minutes. Turn the leavened pieces over and stretch them slightly. Bake at 220-230°C with moderate steam.

SECONDO IMPASTO

INGREDIENTS

FLOUR	g 1.500
WATER	g 1.200
MALTEX EVO	g 50
SALT	g 100

PREPARATION

FIRST DOUGH: Flour g 3.500 Water g 2.500 NATURPAN C PLUSg 150 Yeast g 125
Leave the dough to rise at room temperature (20-22°C) for an hour. SECOND DOUGH: Flour g 1.500 Water g 1.200 MALTEXg 50 Salt g 100 Dough temperature: 24-25°C. Leave the dough to rest at room temperature for 5 minutes, divide into 250g pieces and place on well floured boards. Leave to rise for 50-60 minutes. Turn the leavened pieces over and stretch them slightly. Bake at 220-230°C with moderate steam.