



ITALIAN "TARTARUGA" BREAD WITH OAT, BARLEY, CORN AND SOY

SAVOURY LEAVENED PRODUCTS

DIFFICULTY LEVEL



DOUGH

INGREDIENTS

PAN TARTARUGA

WATER

OLIVE OIL

YEAST

SALT

Kg 10

g 5300

g 400

g 350

g 200

PREPARATION

Knead all the ingredients in a spiral kneading machine for about 10 minutes or until the dough is smooth.

Anyway, keep on kneading until the dough is well elastic too.

Make sure that the temperature of the dough at the end of the kneading is 26-27°C. Let the dough rest for 15-20 minutes at 22-24°C, then divide the dough into 80-100g portions.

Roll the portions of dough up tight into round loaves using a mould machine.

Transfer in the proofer room at 28-30°C, with relative humidity of the 70-80%, for about 20 minutes.

Gently press the loaves onto a proper squared mould to imprint a chequered pattern on one side. As an alternative, you can also flour the loaves abundantly before imprinting.

Return to the proofer room at 28-30°C, with relative humidity of the 70-80%, for 45 minutes.

FINAL COMPOSITION

Before baking, flip the loaves over, so that the imprinted surface turns upwards.

Bake for 20-25 minutes at 220-230°C with the valve closed.

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