



SPELT BREAD

SAVOURY LEAVENED PRODUCTS

DIFFICULTY LEVEL



DOUGH

INGREDIENTS

PAN DI FARRO	Kg 10
WATER	g 5500-6000
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 26-27°C.

Let the dough rest for 15-20 minutes at 22-24°C, then divide the dough into portions (from 70g up 400g each).

Roll the portions of dough up tight into loaves, either round or long shaped.

Transfer in the proofer room at 28-30°C, with relative humidity of the 70-80%, for about 40-50 minutes.

FINAL COMPOSITION

Bake the 70g loaves for 20 minutes and the 400g loaves for 40 minutes, both at 210-220°C.

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