



ITALIAN "TARTARUGA" BREAD (NUCLEO 20%)

SAVOURY LEAVENED PRODUCTS

DIFFICULTY LEVEL



DOUGH

INGREDIENTS

PAN TARTARUGA 20%

WHEAT FLOUR - FOR BREAD MAKING

WATER

EXTRA VIRGIN OLIVE OIL

FRESH YEAST

g 2000

g 8000

g 5500

g 400

g 400

PREPARATION

Knead PAN TARTARUGA NUCLEO 20%, wheat flour, olive oil and yeast with 2/3 of the dose of water for a few minutes in a kneading machine (better if you use a plunging arm kneading machine or a spiral one).

Then, pour the remaining water in 2-3 times (make sure that all the poured water has been absorbed before adding more).

Keep on kneading until the dough is smooth and elastic (consider that the kneading time is about 10 minutes in a spiral kneading machine, while the use of a plunging arm kneading machine requires a longer kneading time).

Make sure that the temperature of the dough at the end of the kneading is 26-27°C.

Cover the dough with a cloth and let it rest for 20 minutes at 22-24°C (FIRST RESTING TIME).

Divide the dough into 80-100g portions.

Roll the portions of dough up tight into round loaves using a mould machine, then transfer them in the proofer room at 28-30°C, with relative humidity of the 70-80%, for 20 minutes (SECOND RESTING TIME).

FINAL COMPOSITION

When the second resting time is over, 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 and let rise at 28-30°C, with relative humidity of the 70-80%, for 45 minutes.

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

Bake in a deck oven 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.