

CIABATTA BREAD

INGREDIENTS

Group 1

Ingredient	KG	%
Flour	5.000	100.00
BAKELS CIABATTA CONCENTRATE	0.500	10.00
BAKELS INSTANT ACTIVE YEAST	0.040	0.80
Water	3.500	70.00
Total Weight:		9.040

Group 2

Ingredient	KG	%
Water	0.750	15.00
Total Weight:		0.750

METHOD

No Time Dough. Place all group 1 ingredients in machine bowl and mix for 6 minutes. Add group 2 water slowly while mixing on high for a further 4 minutes or until fully developed. The dough will be very slack. Dough temperature 28-30°C. Scale dough to suit flat container then fold. Rest the dough for 20 minutes and fold again. Dust container generously with flour. Press dough fully to cover bottom of container (into the corners). Proof 1.5 - 2 hours. Gently tip container upside down onto flour dusted bench. Gently cut into 450 gram dough pieces and mould very loosely as desired. After cutting or pressing holes with fingers dry proof for 20 minutes. Steam for 10-20 seconds after 5 minutes release steam. Bake at 230°C. for 20 minutes reduce heat and bake for another 10 minutes.



CATEGORY

Bread, Buns & Rolls