

# FERMDOR PARISSETTE TUSCAN

## INGREDIENTS

### Group 1

Ingredient	KG
Pane Rustico Sour 50% Concentrate	1.250
Bakers Strong Flour	1.250
Bakels Instant Active Yeast	0.025
Water	1.700
<b>Total Weight: 4.225</b>	

## METHOD

### MIXING

Place all ingredients in a mixer.

Mix for 2 minutes on slow speed, then 7-9 minutes on fast speed or until fully developed.

Final dough temperature 28°C.

### METHOD

Bulk fermentation for 60 minutes at room temperature in a slightly oiled container. Cover the container with a lid or plastic.

Scale at 300gm, mould loosely into a half stick.

Place sticks on a proving cosh or French stick tray and allow another 40 -60minutes to dry prove on a covered rack.

Once proved, give two deep cuts. Remember to have your blade/knife at a 45° angle.

Pre-heat oven to 230°C.

Place sticks in oven (steam 10 seconds). Reduce the oven temperature to 210°C. Bake for 20-25 minutes.

Open damper/vent after 15 minutes.



## CATEGORY

Bread, Buns & Rolls