

GLUTEN FREE BREADSTICKS WITH SUNFLOWER SEED

STEP 1

INGREDIENTS		PREPARATION
PANE PIZZA & FOCACCIA GLUTEN FREE	g 1000	Dough temperature about 30°C.
BUCKWHEAT FLOUR	g 100	-Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.
SUNFLOWER SEEDS	g 200	-Sprinkle with the mix or with rice, buckwheat or corn flour covering the entire surface. Roll out
WATER - AT 37°C	g 1000	the dough creating a 60x40 rectangle.
YEAST	g 50	-Let it rest for 5-10 minutes at room temperature.
SALT	g 30	-Break the loaves of a length of about 20 cm and width of 1 cm. Place them on a tray covered
		with parchment paper.
		-Let it rise for about 1 hour in a proofer room at 30°C with relative humidity at 70%.
		-Bake with plenty of steam at 200°C for about 25 minutes opening the valve during the last 5
		minutes of cooking.
		ADVICES: Water temperature must be at 37°C to have best workability, growth and proofing of
		the final product.

