



GLUTEN FREE CORN, QUINOA AND SUNFLOWER BREAD

DOUGH

INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE

CORN FLOUR

SUNFLOWER SEEDS

WATER - AT 37°C

YEAST

SALT

g 1000

g 250

g 100

g 200

g 1200

g 50

g 32

PREPARATION

Dough temperature at about 30°C.

-Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.

-Sprinkle with the mix or with rice, buckwheat or corn flour covering the entire surface. Roll out the dough creating a 30x40 rectangle.

-Let it rest for 5-10 minutes at room temperature.

-Break the dough creating turbots of about 100gr and place them over a cloth covered with corn flour or on a tray covered with parchment paper.

-Let it rise for about 1 hour in the proofer room at 30°C with relative humidity at 60-70%.

-Flip the loaves and place them over a tray.

-Bake with plenty of steam at 230°C for about 25 minutes.

ADVICES: Water temperature must be at 37°C to have best workability, growth and proofing of the final product.