



## GLUTEN FREE LOAVES WITH BUCKWHEAT, SESAME AND POPPY

### DOUGH

#### INGREDIENTS

PANE PIZZA & FOCACCIA GLUTEN FREE  
BUCKWHEAT FLOUR  
POPPY SEEDS  
SESAME SEED  
WATER - AT 37°C  
YEAST  
SALT

#### PREPARATION

g 1000 Dough temperature at 30°C.  
g 200 -Mix all the ingredients at medium speed in a planetary mixer fitted with paddle for 5 minutes.  
g 50 -Sprinkle with the mix or with rice, buckwheat or corn flour covering the entire surface. Roll out  
g 100 the dough creating a 30x40 rectangle.  
g 1100 -Let it rest for 5-10 minutes at room temperature.  
g 50 -Break the dough into cubes of about 100gr and place them on a cloth covered with buckwheat  
g 30 flour or directly 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 70%.  
-Flip the loaves and place them over a tray.  
-Bake at 230°C with plenty of steam for about 25 minutes.  
**ADVICES:** Water temperature must be at 37°C to have best workability, growth and proofing of the final product.