



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.