PROTEIN BREAD



DOUGH

INGREDIENTS		PREPARATION
PROTEIN BREAD	Kg 10	Mix all the ingredients together, gradually adding the water and waiting until a gooddough structure
WATER	g 6,5	forms.
FRESH YEAST	g 300	• Dough temperature: 26–27°C
SALT	g 100	
		• Kneading time: 4 minutes at speed 1 / 8–10 minutes at speed 2 (spiral)
		• Punching: 15–20 minutes at 22–24°C
		• Dividing: 70 to 500 g pieces

• **Rising:** 50–60 minutes at 28–30°C with relative humidity 70–80%

• Baking: 20 minutes at 220-230°C for 70 g pieces / 50 minutes at 220-230°C for 500 g pieces

FINAL COMPOSITION

Proofing and rising times can be adjusted according to the temperatures encountered during production.

The following recipe produces a bread rich in protein and fiber, in accordance with EU Regulation 1924/2006 (energy value from protein: 20.8% and fiber content: 7.7 g per 100 g of product, values supported by laboratory analysis).





RECIPE CREATED FOR YOU BY **STEFANO PASSANNANTE**

PASTRY CHEF AND BAKER

