



SOFT MILK LOAVES

MILK SANDWICHES TO FILL IDEAL FOR BANQUETING AND CATERING

STEP 1

INGREDIENTS

SOFT BREAD 50%

TYPE 00 WHITE FLOUR - 240W

MILK 3.5% FAT

SUNFLOWER OIL

FRESH YEAST

Kg 5

Kg 5

g 5000 - 5250

g 400

g 300

PREPARATION

Times and temperatures

Temperature of the dough at 26-27°C

Knead time (spiral mixer): 13 minutes

Bulk fermentation: 5 minutes at 22-24°C

Proofing for 60-70 minutes at 28-30°C.

Baking with steam at 220-250°C for 6 minutes.

DOUGH: knead for 3 minutes on first speed and 9-10 minutes on second speed.

Specified times are for the spiral mixers, knead until you obtain a smooth and elastic dough.

RESTING: let it rest at 22-24°C for 5 minutes.

SCALING: divide the dough into pieces of about 25-30 grams.

SHAPING: shape the dough pieces into cylinders or flatten balls. Place them on trays covered with parchment paper.

PROOFING: place in the proofer at 28-30°C with relative humidity of 75-80% for about 60-70 minutes.

BAKING: bake, with initial steam, at 240-250°C in a static oven or at 220-230°C in a convection oven for about 6 minutes. To obtain a glossy effect, brush the bread with egg wash before baking.

ADVICES: to make the product lightly sweeter it is possible to add 250 grams of sugar to the dose.

FINAL COMPOSITION

The product can be packed in polythene bags as soon as it reaches a core temperature lower than 25°C. If cool stored, the product can last up to 7-10 days.



RECIPE CREATED FOR YOU BY MARCO DE GRADA

PASTRY CHEF, CHOCOLATIER AND BAKER