

Italian Wheat Bread

using CIABATTA PLUS

Poolish:

Wheat flour	2.000 kg
Yeast	0.040 kg
Water	2.000 l
Total weight	4.040 kg

Mixing time:	4 minutes (homogenize all the ingredients well)
Dough temperature:	25° C
Standing time:	3 hours in the room, overnight at +5° C

Dough:

Wheat flour	7.000 kg
Durum wheat semolina	1.000 kg
Poolish	4.040 kg
CIABATTA PLUS	0.500 kg
Olive oil	0.200 kg
Salt	0.150 kg
Yeast	0.150 kg
Water, approx.	6.000 l
Total weight	19.040 kg

Mixing time:	4 + 10 minutes
Dough temperature:	24° C – 26° C
Bulk fermentation time:	120 minutes
Scaling weight:	0.850 kg
Intermediate proof:	none
Processing:	rectangular
Final proof:	20 – 30 minutes
Baking temperature:	240° C, dropping to 220° C, giving steam
Baking time:	40 – 45 minutes

RECIPE SERVICE

PASSION
for
Craft



IREKS GmbH
Lichtenfelser Str. 20
95326 Kulmbach
GERMANY
Tel.: +49 9221 706-0
Fax: +49 9221 706-306
ireks@ireks.com
www.ireks.com


IREKS

Instructions for use:

After the bulk fermentation time, scale the dough and fold into rectangular dough pieces. Subsequently, lengthen the dough pieces slightly, toss in flour and place on setters with the seam upwards. After the final proof, turn the dough pieces and bake, giving steam.



RECIPE SERVICE

IREKS GmbH
Lichtenfelser Str. 20
95326 Kulmbach
GERMANY
Tel.: +49 9221 706-0
Fax: +49 9221 706-306
ireks@ireks.com
www.ireks.com


IREKS