



## CIABATTAS

### STEP 1

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#### INGREDIENTS

FLOUR	g 10.000
YORK HP	g 100
MALTEX EVO	g 50
FRESH YEAST	g 200
SALT	g 200
WATER	g 7.000-7.500

#### PREPARATION

Wheat meal g 10.000 YORK HPg 100 MALTEXg 50 Yeast g 200 Salt g 200 Water g 7.000-7.500  
Kneading time: about 15 minutes (spiral kneading machine) Dough temperature: 24-25°C  
Resting: 60 minutes at room temperature (20-22°C) Weight scaling: 250-300g pieces Leavening:  
45-50 minutes at 22-24°C Baking: 220-230°C according to the size of the pieces KNEADING:  
the water should be added gradually; continue kneading until a smooth, perfectly uniform  
consistency is obtained. RESTING: leave to rest at room temperature (20-22°C) for 60 minutes.  
WEIGHT SCALING AND SHAPING: divide into 250-300g pieces, roll up into balls and place on  
well floured boards. LEAVENING: leave to rise at room temperature (22-24°C) for 45-50  
minutes. BAKING: turn the ciabattas upside down and place them on baking sheets, pressing  
them down lightly with your finger tips. Bake at 220-230°C with humidity, time depending on the  
size of the pieces. Open the valve 5 minutes before the end of the baking.