



DARK CEREAL BREAD

BREAD WITH CEREALS

DIFFICULTY LEVEL



DOUGH

INGREDIENTS

IRCA PUMPERNICKEL 50%

FLOUR - FOR BREAD

WATER

FRESH YEAST

PREPARATION

g 5.000 Knead all the ingredients for about 2-3 minutes at low speed and then for another 6-8 minutes at medium-high speed.

g 5.000 Make sure that the temperature of the dough at the end of the kneading is 25-26°C.

g 5.500 Let the dough rest for 10-15 minutes at room temperature.

g 250 Divide the dough into 550g portions (to make bread loaves of about 450g when baked) .

Let rise at 28-30°C, with relative humidity of the 70-80%, for about 35-40 minutes.

FINAL COMPOSITION

Bake for 40-45 minutes at 220-230°C with steam.