

Barra Rustica

using IREKS-WEIZENSAUER and STABILASE



Polish:

Wheat flour type 550	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

Bulk fermentation time: 3 hours in the room, then overnight at 5° C

Dough:

Polish	4.040 kg
Wheat flour type 550	6.000 kg
Durum wheat semolina	1.500 kg
IREKS-WEIZENSAUER	0.400 kg
STABILASE	0.100 kg
Salt	0.200 kg
Yeast	0.130 kg
Water	5.500 l
Total weight	17.870 kg

Mixing time: 4 + 6 minutes, spiral mixer

Dough temperature: 24 – 25° C

Bulk fermentation time: 60 minutes covered in dough basins

Scaling weight: 0.350 kg

Intermediate proof: 20 minutes

Processing: barra rustica
Final proof: 70 minutes at approx. 22° C
Baking temperature: 235° C, giving steam
Baking time: 25 minutes