

## Ciabatta's (Italy)



### Ingredients

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Flour	95%	9500g
Rye Flour	5%	500g
<b>Sonplus Krokant Extra (Crispy)</b>	<b>3%</b>	<b>300g</b>
<b>Sonextra Zuurdesempoeder (Sourdough)</b>	<b>1-4%</b>	<b>100-400g</b>
Fresh Yeast	2%	200g
Salt	1,5%	150g
Olive oil	2%	200g
Water approx.	70%	7000g

### Working Method

Kneading	Mix all ingredients, with approx. 60% of the water, into a fairly stiff dough After that gradually add the remaining water and finalize the kneading
Dough temperature	Approx. 22°C
Bulk proof	Approx. 75 minutes in a container
Moulding	Sprinkle the workbench with rye flour, empty the container and dust the dough with rye flour Gently push out the dough piece until it reaches a thickness of approx. 2 cm Stab into pieces of approx. 8 x 15 cm Place the dough pieces on a with rice flour prepared inserter or baking sheets
Final proof	Approx. 40 minutes
Baking	Approx. 30 minutes at 220°C with steam