

Ciabatta's Méditerranée



Ingredients

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Flour	45%	4500g
Rye Flour	5%	500g
Vitason Méditerranée 50%	50%	5000g
Fresh Yeast	2%	200g
Sonplus Krokant Extra (Crispy)	2%	200g
Olive oil	2%	200g
Water approx.	70%	7000g
Filling		
Olives	20%	2000g
Decoration		
Rye Flour	5%	500g

Working Method

Kneading	Mix all ingredients, with 60% of the water, into a fairly stiff dough After that gradually add the remaining water and finalize the kneading After kneading directly mix filling in
Dough temperature	Approx. 22°C
Bench proof	Approx. 75 minutes in a container
Moulding	Sprinkle the workbench with rye flour, empty the container and fold the dough piece once and dust it with rye flour Gently push out the dough piece until it reaches a thickness of approx. 2-3 cm Stab into pieces of approx. 8 x 15 cm (approx. 450 grams) Place the dough pieces on a with rice flour prepared insertor baking sheets
Final proof	Approx. 40 minutes
Decorating	Just before baking sprinkle with rye flour
Baking	Approx. 25 minutes at 220°C with steam

Extra Information

Remarks	Indicatie grondstofkosprijs: € 0,63 / st
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For more information please contact
Sonneveld: +31 (0)78 644 25 25 or send an
e-mail to info@sonneveld.com. Our specialists
are glad to assist you.

Bakery Ingredients

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