

Gluten- and Lactose-free Rustic Bread



Recipe

KOMPLET Dark Gluten- and Lactose-free Flour	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Water	1,100 kg
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Total weight	2,290 kg
Yield	4 pieces

Process:

Make the dough with all the ingredients (using a flat beater).

Mixing time: approx. 3 minutes on first speed
approx. 3 minutes on medium speed

Dough temperature: approx. 30 °C
Scaling weight: 570 g dough pieces
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale at 570 g and place the dough with wet hands into the baking tins.

Proving time: approx. 40 minutes
(35 °C and 75 % humidity)

Baking temperature: approx. 230 °C,
falling to 200 °C

Baking time: 45 minutes (bake with steam)

Master Tip:

IF YOU REQUIRE A BREAD WITH A HIGHER VOLUME,
ADD 4 EGGS PER KG KOMPLET Dark Gluten- and
Lactose free Flour.

Bake the best with something good!