

Ciabatta Bread

Ingredients:

	kg
Carr's Bakers Flour	10.000
Yeast	0.150
Salt	0.200
Water	7.100
Olive Oil	0.200

Method:

- Mix on a spiral mixer for 2 minutes 1st speed, 6 minutes 2nd speed.
- Add olive oil during last few seconds of mixing. (This helps to produce the irregular open structure)
- Dough will be very soft.
- Bulk fermentation for 3 hours at 27°C.
- Scale at 370g, shape lightly by hand (do not mould too much or the open structure will be lost).
- Prove for 40 minutes at 21°C.
- Bake for 20 minutes at 244°C/470°F.