

Ciabatta ai funghi

Description

Wheat sourdough bread with mushrooms



Yield

30 pieces of 338 g



Scheduling

Preparation: 35 minutes

Proofing: 17–18 hours

Baking time: 40–45 minutes/240°C



Nutritional values (100 g or 100 ml)

energy: 1'017 kJ/243 kcal;

fat: 2.1 g, of which saturated 0.4 g;

carbohydrates: 47 g, of which sugars 1.9 g;

protein: 7.3 g; salt 0.9 g

Ingredients

Levain (4'240 g)

1'220 g	wheat flour 400
1'510 g	water
1'510 g	basic wheat leaven, active, matured

Main dough (ciabatta dough) (12'000 g)

2'675 g	wheat flour 400
1'475 g	rye flour 1100
3'160 g	water
4'240 g	levain
70 g	sugar
135 g	olive oil
90 g	porcini mushrooms, dried, finely ground (in a cutter)
90 g	table salt
65 g	pointed morels, dried

Ingredients (690 g)

300 g	fine semolina (for weighing and processing)
300 g	rye meal, coarse (for sprinkling on the boards)
90 g	wheat flour 720 (for dusting the boards)

Production

1

Levain

Mix the water with the sourdough. Add the wheat flour and mix in the kneading machine to form a homogeneous mass. Leave the dough to rest at room temperature for 60–120 minutes, then store in the refrigerator overnight.

2

Main dough (ciabatta dough)

Soak the dried pointed morels in warm water (approx. half the amount of water required) for approx. 1 hour. Drain the mushrooms in a sieve and chop finely. Mix the flavored soaking water with the remaining water, heat to approx. 35°C and use as bulk liquid.

Completely dissolve the sugar in the heated bulk liquid.

Place the wheat and rye flour in the kneading bowl together with the bulk liquid, levain and ground porcini mushrooms.

Start kneading at a slow speed: add the olive oil after 2 minutes. Towards the end of the kneading time (last minute), add the salt and chopped morels. Knead the dough gently.

Target dough temperature after kneading: 26–28°C.

3

Processing and piece proofing

Weigh 400 g pieces of dough each and shape them into light rounds. Gently shape them into elongated pieces approx. 30 cm long; place them on boards sprinkled with rye meal with the seam side facing down.

Piece proofing: in the proofer at 28–30°C

4

Baking preparation

Dust the top of the dough pieces with wheat flour 720. Then dent with your fingers to create the typical ciabatta structure.

5

Baking

Load the dough pieces into the preheated oven with steam. Open the vent about halfway through the baking time. Bake the bread until firm and crispy with the heat dropping.