



## Recipe : Italian Ciabatta w/Firm Starter

### *Preparing Firm Starter (FS)*

Ingredients	Quantity	Remarks
Bread Flour	250 g	
Water	150 g	
Mature Starter	25 g	

### **Method:**

3. Mix all ingredients and allow to rest in room temperature for about 1 hour.
4. Transfer to chillier – 12-15C is best for at least 12 hours.

### *Final Dough*

Ingredients	Quantity	Remarks
Bread Flour	970 g	
Wheat Bran	30 g	
Water	870 g + 70 g	
Salt	24 g	
Instant Yeast	2 g	
Malt Powder	3 g	
Firm Starter (FS)	400 g	
Millet/ Nigella Seeds	35 g	

### **Process:**

Mixing Method	: Intensive
Bulk Fermentation	: 120 mins with 3 folds
DDT	: 22 -25C
Cut/Pre-Shape	: As per chef instruction
Intermediate Rest	: Not necessary
Final Shape	: Pillow
Final Proofing	: 45 – 60 minutes
Oven Temperature	: 230C
Scoring	: No scoring
Baking	: 18 – 20 minutes with steam