



## WHEAT-BUCKWHEAT BREAD



### INGREDIENTS

#### BIGA (PRE-DOUGH):

100 g wheat flour 00  
100 g water  
2 g beer yeast

#### MASH:

20 g buckwheat flour, fine  
100 g water  
10 g salt

#### MAIN DOUGH:

pre-dough  
mash  
260 g wholemeal wheat flour  
85 g buckwheat flour, fine  
120 g water, 20°C  
4 g beer yeast  
15 g butter, soft

### PREPARATION

Mix the ingredients for the pre-dough, cover it and let it rise for 12 h.

For the mash, cook the ingredients (stir hard) until you get a creamy consistency. Remove from stove, cover with a film and let it rest for 12 h.

Mix all the ingredients for the main dough but the butter in a kitchen robot for 2' at 1<sup>st</sup> speed, then for 7' at 2<sup>nd</sup> speed. In the last minutes add the butter. Cover and let the dough rest for 3 h (fold and stretch after ½ h and after 1 ½ h).

Form the dough on a floured surface cover the dough with a cloth on a floured baking paper and cover it with a nylon bag and let it rise for 1 h. Preheat the oven with a baking tray in the oven to 240°C top and bottom heat.

Cut bread lengthwise with the flat blade and transport it onto the baking tray. Reduce the temperature to 210°C and bake 50' with steam. Cool on a grid.