



Rustic bread: a delicious bread slightly acid

INGREDIENTS	QUANTITIES
White bread flour or type 65	1000 g
Arom Sécurité (inactive rye sourdough)	30 - 50 g
Water*	650 g
AB Mauri fresh yeast	10 - 20 g
Salt	18 g



PROCESS	
Base temperature	60°C
Mixing (spiral)	8 min 1 st speed and 7 min 2 nd speed
Dough Temperature	22° - 24°C
Bulk fermentation	20 - 30 min
Division	350 - 550 g
Resting time	20 min
Shaping	Long, round, batard shape, ...
Final proof	90 - 120 min
Baking	250°C in a floor oven, 25 min



Tips: Flour the piece with rye flour before making cuts on the dough for a personal touch.

*Depending on the consistency of the dough, add water at the beginning of the 2nd speed.