

Focaccia Stirata using IREKS LE SOUVERAIN

IREKS LE SOUVERAIN	0.950 kg	95 %	2 lb	1.5 oz
Sesame, roasted	0.050 kg	5 %	0 lb	2 oz
Salt	0.020 kg	2 %	0 lb	0.7 oz
Fresh yeast	0.015 kg	1.5 %	0 lb	0.5 oz
Water, approx.	0.750 kg	75 %	1 lb	10.5 oz
Total weight	1.785 kg		3 lb	15.2 oz

- Mixing time: 3 minutes slow + 8 – 10 minutes fast (spiral mixer)
- Dough temperature: 26° C (79° F)
- Bulk fermentation time: 60 minutes covered in dough basins at room temperature
- Scaling weight: 1.500 kg (3 lb 5 oz)
- Intermediate proof: none
- Processing: long-shaped
- Final proof: 70 – 80 minutes at 35° C (95° F) and 75 % relative air humidity
- Baking temperature: 240° C (464° F), dropping to 220° C (428° F), giving steam
Open the damper 10 minutes before the end of the baking time.
- Baking time: 18 – 20 minutes
- Instructions for use: After the bulk fermentation time, scale dough pieces, mold long, place on well-floured trays and allow to proof. After the final proof, slightly press and pull the focaccia using the fingers, wash with oil and sprinkle with salt.

