



CIABATTA



FOR THE DOUGH			COSTING (in ₹)		NO. OF PORTIONS: 4	
INGREDIENTS	QUANTITY		WHOLESALE	M.R.P.	ELEMENTS	
	In grams	In cups				
Flour	200 g	1 + ½ cup	5.4	8	Poolish	
Salt	4 g	½ + ¼ tsp	1	1		
Yeast	4 g	1 + ½ tsp	2.1	2.1	Bread dough	
Improver	4 g	1 + ½ tsp	6.52	6.52		
Gluten	2 g	1 tsp	1.52	1.52		
Mint Powder	2 g	1 tsp	4	4		
Mint Paste	15 g	-	8	8		
Poolish	40 g	-	2	2.3		
Water	170 g	½ + ¼ cup	3.4	3.4		
Olive Oil	20 g	1 + ½ tbsp	2	2.2		
TOTAL			₹ 35.94	₹38.54		INSTRUCTIONS
METHOD						Be careful while shaping, it could lose air pockets and deflate.
<ol style="list-style-type: none"> 1. Pre-heat the oven at 200°C (OTG mode: upper rod + lower rod + fan). 2. In a bowl of a stand mixer, take all the dry ingredients, add mint powder to it. Add the polish and water and using a paddle attachment of a stand mixer, knead for 8-10 minutes on medium speed or until the dough comes together on the paddle. 3. Now add mint paste and the oil and knead for 1 minute more. With greased hands, take out the dough into a well greased 7 inch square tin. 4. Spread it with your fingers and keep it for fermentation. Once proofed till half height, give the folds by gently picking up the 						
					OVEN TEMPERATURES	



<p>dough from one side and fold it inside towards the centre. Now pick up the other side as well and fold it till the end. Rotate the tin and repeat the same fold for the other side as well. Gently spread the dough with your fingers and keep it again for final proofing. Repeat the same fold again after 15 to 20 minutes and let it proof again till it almost reaches the top.</p> <ol style="list-style-type: none"> 5. After the final proofing, gently transfer the dough on a floured surface, and dust flour on the dough as well. 6. Now cut it into portions using a metal scraper, and carefully transfer it on a baking tray dusted with flour. Bake it in a preheated oven for 30-40 minutes. 	<p>OTG 200°C (upper rod + lower rod + fan)</p> <p>DECK OVEN Upper temperature – 200°C Lower temperature – 200°C</p> <p>UNOX 180°C, Fan speed – 2, Humidity – 60%</p>
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<u>FOR POOLISH</u>			<u>COSTING (in ₹)</u>		<u>NO. OF PORTIONS:</u>
<u>INGREDIENTS</u>	<u>QUANTITY</u>		<u>WHOLESALE</u>	<u>M.R.P.</u>	
	<u>In grams</u>	<u>In cups</u>			
Flour	20 g	1/8 cup + 1 tsp	0.5	0.8	
Water	20 g	1 + ½ tbsp.	0.5	0.5	
Yeast	A pinch	-	1	1	
TOTAL			₹ 2	₹ 2.3	
METHOD					
<ol style="list-style-type: none"> 1. In a bowl, combine flour water and yeast, and mix it properly. 2. Keep it in the proofer for 30 minutes or till bubbles start to form up. 					

<u>NOTE</u>		
<u>Shelf life of</u>	<u>Room temperature</u>	<u>Freezer</u>
Bread dough	-	1 month
Baked bread	2-3 days	-

<u>COST PER PORTION (in ₹)</u>		
<u>ELEMENTS</u>	<u>WHOLESALE</u>	<u>M.R.P.</u>
Ciabatta	8.98	9.63