



PANIFICIO ITALIANO  
BAKED TO PERFECTION

# Authentic Ciabatta How to make & bake





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## Sponge

The sponge is a pre-dough which is made the day before and added to the mix to increase the flavour, the quality and texture of the final product.



Fermentation lasts a minimum of 16 hours, during this time gluten windows are formed and the cells filled with carbon dioxide gas to give the open texture



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## Dough Mix

During mixing all the ingredients are incorporated together with the sponge.



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To ensure an high hydration of the dough we add the correct levels of water, oil & sour. This in turn increases the strength and the extensibility of the dough.





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When the mixing is completed, the elasticity is checked by touching and feeling the dough to ensure the right level of elasticity has been reached .



This property (elasticity) ensures that the gas released during the fermentation are kept inside the dough during its extension (rising of the dough).



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## Panificio Italiano Sour

The sour we use in the panini's recipe, is a culture created in our kitchen and is combination of flour and water.

To gain a proper sour taste, there are two secrets:

1. Time
2. Patience

Every day a culture is fed with the same amount of water and flour.

Our sour dough is approx. 2 years old.





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## Bulk Fermentation

We allow the dough to rest for 1 hour. As fermentation takes place the dough slowly changes from a rough dense mass lacking in extensibility and poor gas holding properties, into a smooth extensible dough with good gas holding properties.





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## Fermentation

As the yeast cells grow, the gluten protein pieces stick together to form networks, alcohol and carbon dioxide are formed from the breakdown of carbohydrates (starch, sugars) that are found naturally in the flour (the approx. temperature 24 degrees).

The carbon dioxide produced in these reactions causes the dough to rise.

During fermentation each yeast cell forms a centre around which carbon dioxide bubbles form. Thousands of tiny bubbles, each surrounded by a thin film of gluten form cells inside the dough piece.

The increase in dough size occurs as these cells fill with gas.





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## Dividing & Shaping

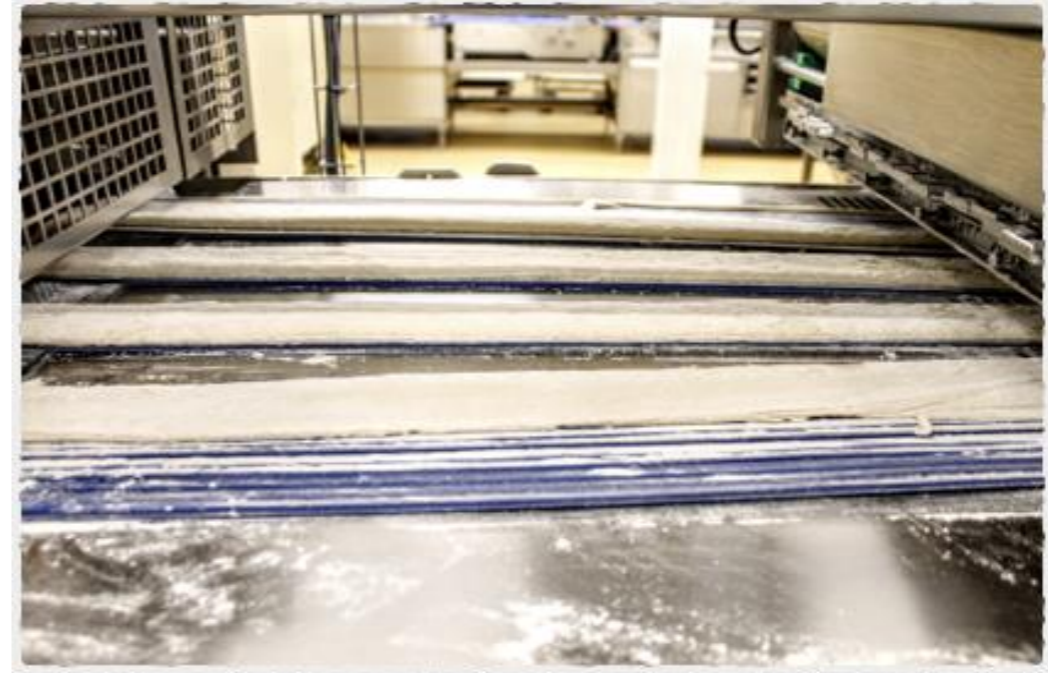
A Sottoriva machine is used for Panini's and Ciabatta products. This machine is able to handle dough which has smooth consistency and highly hydrated.

This machine provides different types of cutters with various widths and lengths. The height can be set too by regulating the pressure on the dough before cutting. This pressure ensures the gases are spread through the entire batch.



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## Quality Control



During the final proving the product will increase in size - height, length and width, therefore we have to set the dimensions on the machine slightly smaller than we actually require for the final product.

We ensure the Panini has the characteristics requested once it is shaped, by measuring them with a frame or ruler.



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## Proving

The word proving refers to the final rise of the dough before baking.

The proving time depends on different factors, such as ambient temperature and dough temperature.

In terms of ensuring a nice smooth dough skin, the prover has to have a monitored temperature of 34 degrees, and an humidity of the 85%.



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## Baking



A stone oven or rack oven is used to bake the panini. A stone oven gives a different quality, flavour and texture, thanks to the absorption of additional moisture. This characteristic also helps to create a crisper product.

The stone oven is also able to reach a very high temperature which helps the gas inside the dough to expand and rise rapidly. Gas inside the thousands of tiny gas cells increases with the heat and the cells become bigger, giving an open texture

The stone baking process transforms an unpalatable dough into a light, readily digestible, porous flavourful product.



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## The Finished Product

