



## BREAD RECIPE FLOUR "0" R 面包食谱，0 "R" 面粉

**Working temperature:** room temperature (20 - 25°C)

温度：室温 20 - 25°C

**Ingredients proportion:** Always relate ingredients quantities to 1 kg of flour (e.g. if you are mixing 2kg of flour, you have to double the quantities listed below).

食材比例：将配料数量与 1 公斤面粉

（比如，如果您要 2 公斤面粉，也要加倍下面的食材数量）

**Ingredients:** 食材

- **Flour for bread "Molini Pizzuti" "0"R** 1 kg **面包面粉"0"R** 1 公斤

Quantities for medium-consistency dough 中浓度面团

For a less hydrated dough increase the flour quantity

(50 gr of flour per liter of water) it will not affect the final product.

如果要水分较少的面团就增加面粉的数量（每升水，50 克面粉）。结果不会改。

For a more hydrated dough decrease the flour quantity

(50 gr of flour per liter of water) it will not affect the final product.

如果要更多水分的面团就减少面粉的数量。（每升水，50 克面粉）结果不会改。

- **Water:** 700 gr 水：700 克

Always at room temperature (20 - 25°C). Dough temperature has to be always between 20 - 25°C.

室温 20 - 25°C。面温度必须在 20-25°C 之间。

If the room temperature is higher than 25°C use fresh water. 如室温超 25°C 就要用淡水。

If the room temperature is lower than 20°C use warm water. 如室温低于 20°C 就要用温水。

- **Salt:** 30 gr 食盐 30 克

Salt interacts with the gluten development, it slows down the fermentation process, therefore:

盐对面筋开发有影响：盐减缓发酵过程，所以：

If the room temperature is higher than 25°C increase the salt quantity (5 – 10 gr per liter of water).

如室温超 25°C 就要增加盐的数量。（每升水，10 克盐）

If the room temperature is lower than 20°C decrease the salt quantity (5 – 10 gr per liter of water)

如室温低于 20°C 就要减少盐的数量（每升水，10 克盐）

- **Yeast:** 5 gr of fresh yeast or 1 gr of dry yeast 酵母：5 克新鲜酵母或者 1 克干酵母

If the room temperature is higher than 25°C decrease the yeast quantity (1 – 2 gr of the total amount). At high temperature the yeast increases its activity.

如室温超 25°C 就要减少酵母量。（总量的 1-2 克）。在高温下，酵母的效率提高。

If the room temperature is lower than 20°C increase the yeast quantity (1 – 2 gr of the total amount). At low temperature yeast slow down its activity.

如室温低于 20°C 就要增加酵母量（总量的 1-2 克）。在低温下，酵母的效率慢点。

### **Procedure:** 做法

1. Pour all the flour in the mixer. 把所有面粉倒在搅拌机里
2. Add half of the total quantity of water 加水总量的一半
3. Start the mixer, total mixing time 15 – 20 minutes 开搅拌机，总时间 15-20 分钟
4. When the dough becomes homogeneous add the yeast 面团变得均匀的话就加入酵母
5. Gradually add the remaining water 逐渐加入其余的水
6. Add all the salt. 加入盐

All the above steps have to be completed within 10 minutes.

上面的所有步必须在 10 分钟内完成。

7. At the end of the mixing (after 15 – 20 minutes), remove the dough from the mixer and place it on a clean surface and let it rest for 4 hours, at room temperature

混合以后（15-20 分钟后），取出面团，把它放在干净的桌子。让面团在室温下上升 4 个小时。

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8. Prepare the bread shapes and let them rest until they double in size.  
准备面团形状，让它上升，直到他们的大小加倍

**Cooking temperature: around 260°C for 10 minutes.**  
烹饪温度：大概 260°C 10 分钟。