

# Rietmann **Mediterranean**

Your premix for Mediterranean  
ciabatta with chia seeds



**SUPER CRUSTY, SUPER MOIST, SUPER TASTY**



## Mediterranean ciabatta with chia seeds

|                        |          |
|------------------------|----------|
| Rietmann Mediterranean | 5.000 kg |
| Wheat flour T550       | 5.000 kg |
| Yeast                  | 0.150 kg |
| Water, approx.         | 6.700 kg |

**Total weight 16.850 kg**

|                        |   |
|------------------------|---|
| Knead:                 | approx. 4 + 9 mins., 24 - 26°C,<br>Spiral kneader |
| Dough rest:            | 30 mins.  |
| Initial weight:        | 300 g / pce.                                      |
| Proofing interruption: | 16 - 20 hrs. at approx. 6°C                       |
| Final proof:           | approx. 70 - 120 mins.,<br>room temperature       |
| Bake at:               | 240 - 250°C, with plenty of steam                 |
| Baking time:           | 25 - 27 mins.                                     |

For a rustic crust formation, make sure to work sufficient rye flour in at the dough seam.

Item no. 0020103



Online recipes



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