

# - CIABATTA BUNS -

brunch+lunch > Ciabatta Buns



makes **4** and ready in about **3hours 40 minutes**

## Shopping LIST:

**400g** Flour, **7g** Dry/Active Yeast, **300ml** Warm Water, **12 tbs** Olive Oil.

## Method:

- In one mixing bowl, mix **400g** flour, **7g** dried/active dry yeast and  $\frac{1}{2}$  **tsp** salt together and set aside. This is the dry mixture. Add **300ml** warm water to the dry mixture. Mix with a wooden spoon only to integrate the ingredients. You should get a fairly sticky dough.
- Put **3tbsp** olive oil in another large mixing bowl and place the sticky dough in it. Cover and leave to rest for **1 hour**.
- After **1 hour**, gently fold the dough twice and add **3tbsp** olive oil (**2** on bottom and one on the top of it). Cover and leave to rest again. Repeat this process two more times (after about **1 hour** each-time). At the end of the resting cycle, the dough should be well risen and bubbly.
- Transfer the dough to a floured surface. Be gentle so that you do not damage the air bubbles. Divide the dough into **4** equal portions. Mould each portion of dough into a round shape. Roll each ciabatta in flour, then place on a baking sheet, lined with parchment paper. Leave to rest for **5-10 minutes**.
- Meanwhile, preheat the oven to **220°C fan**.
- Bake the ciabattas in the preheated oven for about **15** minutes, or until golden brown. Tap the bottom of one roll – if it sounds hollow, it is done. Set the ciabatta rolls on a wire rack to cool.

\*\*\* **Do not bake for too long – ciabatta should be very soft on the inside.**



"bon appétit"

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