



**PLANCTON
MARINO®**

PARQUE NATURAL
VETA LA PALMA





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PAN DE PLANCTON PLANKTON BREAD

MASA FOR THE DOUGH

750 g de harina 1878, 20 g de sal, 700 g de agua fría, 15 g de levadura, 150 g de masa madre, c.s. de Plancton Marino Veta la Palma®.

750 g of 1878 flour, 20 g of salt, 700 g of cold water, 15 g of yeast, 150 g of sourdough starter, Plancton Marino Veta la Palma® as needed.

Amasar todos los ingredientes a mano, añadiendo el agua poco a poco a medida que la masa la necesite. Dejar fermentar a temperatura ambiente. Cortar en porciones, bolear y formar las barras. Dejar reposar. Hornear durante 10 minutos a 230° C con vapor y tiro cerrado, eliminar el vapor y bajar la temperatura a 180° C durante 20 minutos.

Knead all the ingredients by hand, adding the water a little at a time as needed by the dough. Leave to rise at room temperature. Cut into portions and shape into baguettes. Leave to rest. Bake for 10 minutes at 230° C with steam and with the vent closed. Then, turn off the steam and lower the oven temperature to 180° C for 20 minutes.

ACABADO

El pan se realizará cada noche para el día siguiente. La fermentación, baja en levadura, será larga en frío. La masa madre debe refrescarse diariamente.

ASSEMBLY

The bread must be made the night before. This fermentation, which is low in yeast, is long and done cold. Sourdough must be 'fed' every day.