



燕子烘焙坊

Club Saf-instant®

Between lovers homemade bread

Biova



A bread typical of the Piedmont region, Biova goes with all meals and is ideally eaten with cold meats.

Preparation time:

1H55

Cooking time:

The time varies depending on the type of machine and program selected. Thank you for referring to the manual for your machine.

15 m

Rating:

☆☆☆☆☆ (No Ratings Yet)

Preparation



BY HAND

Preparation:

1. Mix all of the ingredients in a bowl and knead until completely blended.
2. Leave the dough to ferment for 10 minutes and cover with a damp cloth.
3. Weigh out 100g of dough and form a ball.
4. Leave to rest for 10 minutes.
5. Shape the dough into a sausage, then roll into a snail shape.
6. Leave to rest for 30 minutes.
7. Make a mark in the middle of the snail.
8. Leave to proof for 30 minutes.
9. Bake at 220 °C for 15 minutes.

Ingredients

Flour (T55):	667 g
Salt:	13 g
Water:	387 ml
Fresh Yeast:	13 g
lard:	27 g