



## Ciabatta

READY IN



45 min.

SERVINGS



16

CALORIES



152 kcal

## Ingredients

- ☐ 1 cup bread flour
- ☐ 3.5 cups bread flour divided
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 tablespoon honey
- ☐ 0.5 cup warm milk fat-free (100° to 110°)
- ☐ 0.5 cup pasta flour
- ☐ 3 tablespoons pasta flour divided
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup warm water (100° to 110°)
- ☐ 0.8 cup warm water (100° to 110°)

## Equipment

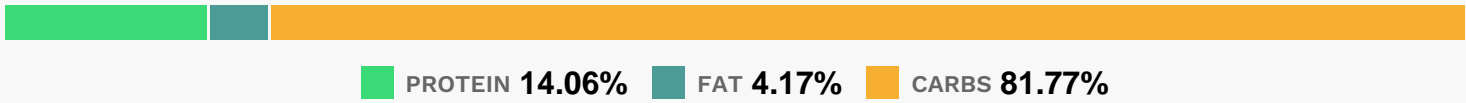
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup

## Directions

- ☐ To prepare sponge, lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup flour and next 4 ingredients (1 cup flour through 1 package of yeast) in a large bowl, stirring well with a whisk. Cover; chill 12 hours.
- ☐ To prepare dough, let sponge stand at room temperature 30 minutes. Lightly spoon 3 1/2 cups bread flour and 1/2 cup semolina flour into dry measuring cups, and level with a knife.
- ☐ Add 3 cups bread flour, 1/2 cup semolina flour, 3/4 cup warm water, 1/2 cup warm milk, salt, and 1 package yeast to sponge, and stir well to form a soft dough. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes), and add enough of remaining bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands. Divide dough in half.
- ☐ Working with 1 portion at a time (cover remaining dough to prevent drying), roll each into a 13 x 5-inch oval.
- ☐ Place, 3 inches apart, on a large baking sheet sprinkled with 2 tablespoons semolina flour. Taper ends of dough to form a "slipper."
- ☐ Sprinkle 1 tablespoon semolina flour over dough. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size.
- ☐ Preheat oven to 42
- ☐ Uncover dough.

- ☐
- Bake at 425 for 18 minutes or until the loaves are lightly browned and sound hollow when tapped.
- ☐
- Remove from pan, and cool on a wire rack.

## Nutrition Facts



### Properties

Glycemic Index:18.97, Glycemic Load:18.6, Inflammation Score:-2, Nutrition Score:3.9460869053298%

### Nutrients (% of daily need)

Calories: 152.17kcal (7.61%), Fat: 0.69g (1.07%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 29.49g (10.72%), Sugar: 1.7g (1.89%), Cholesterol: 0.23mg (0.08%), Sodium: 223.15mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Selenium: 17.09µg (24.42%), Manganese: 0.32mg (16.21%), Folate: 22.85µg (5.71%), Vitamin B1: 0.08mg (5.65%), Phosphorus: 53.92mg (5.39%), Fiber: 1.11g (4.45%), Copper: 0.08mg (4.12%), Magnesium: 12.59mg (3.15%), Vitamin B3: 0.62mg (3.09%), Vitamin B2: 0.05mg (3.05%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.26mg (2.61%), Iron: 0.39mg (2.19%), Potassium: 63.21mg (1.81%), Calcium: 17.14mg (1.71%), Vitamin B6: 0.03mg (1.55%)