

Italian ciabatta by Paul Hollywood

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/paul-hollywood-mexican-chicken-recipe>

Ingredients:

- 4 1/8 cups strong white bread flour plus extra for dusting
- 9/16 tablespoon fine sea salt
- 7/8 tablespoon instant yeast
- 2 11/16 tablespoons olive oil
- 1 11/16 cups water tepid
- semolina unchecked? Fine, for dusting optional

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 122 grams
3. Fat: 12 grams
4. Fiber: 17 grams
5. Protein: 23 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 980 milligrams

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