

# Traditional French shaped bread

Dehydrated Sourdough  
Terre d'Arômes

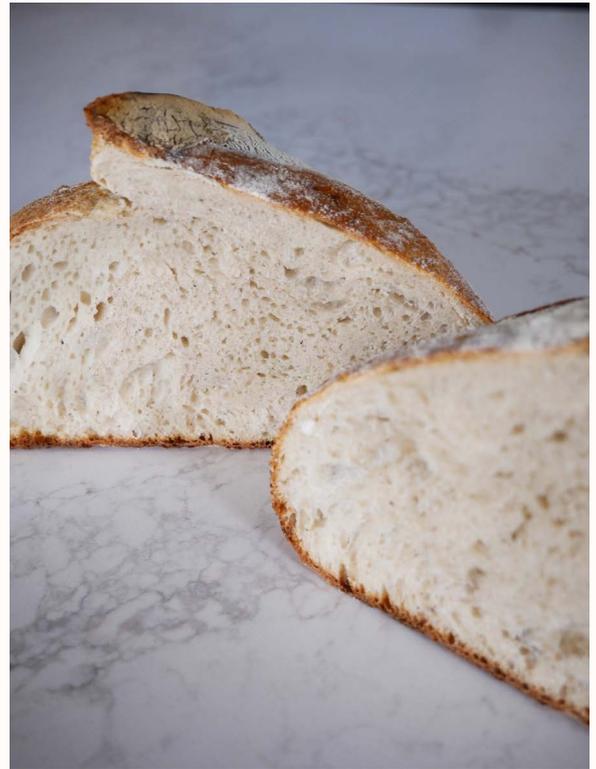


## **Buckwheat**

N° 1129

Spicy, with notes of honey, pepper, and caramel.

Other applications:  
Country-style bread, multigrain bread



## INGREDIENTS

T55 or T65 flour: 9,5 kg

Salt: 0,18 kg

Terre d'Arômes Buckwheat: 0,5 kg

Water: 6,6 to 7,2 L

Yeast: 0,1 kg

## **Method with 5% dosage**

**Base temperature:** 60-62°C.

**Kneading:**

- **First speed:** 5 minutes, followed by autolysis for 30 minutes.
- **Second speed:** Oblique: 6 minutes, add the salt and knead for 6 minutes.  
Spiral: 3 minutes, add the salt and knead for 3 minutes.

**Dough temperature:** 25-26°C.

**First fermentation:** 60 minutes.

**Scaling:** divide into 500 g dough balls.

**Intermediate proofing:** 20 minutes.

**Shaping:** by hand; using a rolling pin, form tabatières, then place them upside down on floured cloths.

**Final fermentation:** 1h-1h15 at 25°C with 75% humidity.

**Charging in the oven:** turn the loaves over, dust with flour, add steam, and place in the oven.

**Baking:** bake for 30-35 minutes at 240°C/250°C.

Indicative data. It depends on ingredients and equipment used.  
Please do not hesitate to contact one of our technicians for any adaptation.

*Philibert*  
SAVOURS

THE REFERENCE IN FRENCH  
SOURDOUGH SINCE 1984