

Bagels

Liquid Sourdough
Phil Levain



Easy Levain Intense Flavor Rye

N° 2117

Fruity and tangy, with notes of
baked fruit

Other applications:
Country-style bread, special bread



INGREDIENTS

Gruau flour: 10 kg

Easy Levain Intense Flavor Rye: 0,4 kg

Rapeseed oil: 0,3 kg

Sugar: 1 kg

Salt: 0,18 kg

Water: 4,9 to 5 L

Yeast: 0,3 kg

Method with 4% dosage

Base temperature: 58-60°C.

Kneading:

- First speed: 5 minutes.
- Second speed: Oblique: 18-20 minutes.
Spiral: 10 minutes.

Dough temperature: 25-27°C.

Scaling: divide into 120 g dough pieces.

Intermediate proofing: 10 minutes.

Shaping: by hand, flatten each ball, make a hole in the center, and stretch the dough until the hole measures 5-6 cm diameter.

Final fermentation: 1h15-1h30 at 25°C.

Preparation/Make up: brush with egg wash and sprinkle toppings such as sesame seeds or poppy seeds on each bagel.

Baking: 8-10 minutes at 180°C in a ventilated oven.

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