

5-seeds bread

Dehydrated Sourdough Terre d'Arômes



Germ

N° 1112

Malted, with hazelnut and butter notes

Other applications:
Multigrain bread, special bread



INGREDIENTS

T55 or T65 flour: 9,8 kg

Terre d'Arômes Germ: 0,2 kg

Yeast: 0,06 kg

Salt: 0,18 kg

Water: 6,4 to 6,8 L

5 seeds mix: 2 kg

Soaking water: 1,5 L

Method with 2% dosage

Preparation of the cereals: soak for at least 1 hour before incorporating (mix of 5 seeds + soaking water).

Base temperature: 60°C.

Kneading:

- **First speed:** 5 minutes.
- **Second speed:** Oblique: 6 minutes, add salt and knead for another 6 minutes.
Spiral: 3 minutes, add salt and knead for another 3 minutes.
- **First speed:** Add the cereals preparation and knead for about 2 minutes.
- **Second speed:** knead for 2 minutes.

Dough temperature: 25-26°C.

First fermentation: 30 minutes, then at 4°C for 16-18h.

Bringing to room temperature: from 30 to 45 minutes.

Scaling: divide into 400 g dough pieces.

Intermediate proofing: 15 minutes.

Shaping: shape into bâtards and place on floured cloths with the seams facing up.

Final fermentation: 1h15-1h30 at 25°C with 75% humidity.

Baking: score, add steam and bake for 28 to 32 minutes at 240°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