

Menhir bread

Dehydrated Sourdough
Terre d'Arômes



Organic Buckwheat

N° 1116

Fruity and malted, with notes of honey and chestnut

Other applications:

Organic country-style bread, organic multigrain bread



INGREDIENTS

T55 or T65 organic flour: 8,8 kg

Organic Buckwheat flour: 0,8 kg

Terre d'Arômes Organic Buckwheat: 0,4 kg

Organic prefermented dough: 1 kg

Yeast: 0,08 kg

Guérande salt: 0,18 kg

Water: 6,6 to 7 L

Method with 4% dosage

Base temperature: 64-66°C.

Kneading:

- **First speed:** 8 minutes with all ingredients.
- **Second speed:** Oblique: 8 to 10 minutes.
Spiral: 5 to 6 minutes.

Dough Temperature: 24-26°C.

First fermentation: 60 minutes in dividing containers - with a fold after 30 minutes.

Scaling: divide into 500 g dough pieces and roll.

Intermediate proofing: 20 minutes.

Shaping: shape the dough into pear-shaped balls, then place them on floured cloths.

Final fermentation: from 18 to 24h at 4°C.

Charging the oven: place the Menhirs on the baking mat, dust with flour, and score with a leaf pattern. Turn on the steam and put in the oven.

Baking: 34 to 36 minutes at 240-250°C (watch the color toward the end of baking, open the oven briefly to let the crust dry slightly).

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