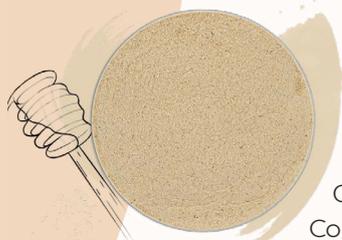


# Organic multigrain bread

Dehydrated Sourdough  
Terre d'Arômes



## Organic Buckwheat

N° 1116

Malty, with notes of honey and chestnut

Other applications:  
Country-style bread, special bread



### INGREDIENTS

T55 or T65 organic flour: 9,5 kg

Terre d'Arômes Organic Buckwheat: 0,5 kg

Yeast: 0,1 kg

Salt: 0,18 kg

Water: 6,8 L

5 Seeds Mix: 0,12 kg

Soaking water: 0,09 L

### Method with 5% dosage

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

**Base temperature:** 60-62°C.

**Kneading:**

- **First speed:** 5 minutes.
- **Second speed:** Oblique: 6 minutes, add the salt and knead for 6 minutes.  
Spirale : 3 minutes, add the salt and knead for 3 minutes. Add the 5 seeds mix preparation to the country bread dough.
- **First speed:** 2 minutes.
- **Second speed:** 3-4 minutes.

**Dough temperature:** 25-26°C.

**First fermentation:** 60 minutes.

**Scaling:** divide into 330 g, 500 g or 1,5 kg dough balls.

**Intermediate proofing:** 20 minutes.

**Shaping:** by hand or using a machine. Shape into large bread, ball, *bâtard* or *baguette*.

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

**Charging in the oven:** dust the loaves with flour, score them, add steam, and bake.

**Baking:** 20 to 60 minutes at 260°C (top heat) and 240°C (bottom heat), depending the size of breads.

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