

Organic energy bread

Liquid Sourdough
Phil Levain

Organic Spelt

N° 2106

Fruity, with chestnut and apple notes

Other applications:

Country-style bread, special bread, viennoiseries



INGREDIENTS

Organic stone-ground flour: 10 kg

Phil Levain Organic Spelt: 1,5 kg

Yeast: 0,2 kg

Salt: 0,18 kg

Water: 5,8 to 6,2 L

Inclusions:

5 seeds mix: 1,2 kg + 0,9 L d'eau

Organic toasted chopped hazelnuts: 0,6 kg

Organic dried cranberries: 0,8 kg

Organic dried apricots: 0,8 kg

Organic dried figs: 0,6 kg

Organic walnuts: 0,6 kg

Organic raisins: 0,6 kg

Method with 15% dosage

Base temperature: 70°C.

Kneading:

- **First speed:** 5 minutes.
- **Second speed:** Spiral: 7-8 minutes, then add the soaked seeds and continue kneading for 3-4 minutes. Knead for an additional 1 minute after incorporating the dried fruits.

Dough temperature: 25-26°C.

First fermentation: 60 minutes.

Scaling: divide into 350 g dough balls.

Intermediate proofing: 20 minutes.

Shaping: by hand or using a machine, shape little *bâtard* breads. Score to create the sausage cut and place into molds.

Final fermentation: 1h15-1h30 at 25°C with 70% humidity.

Baking: turn on the steam and load into the oven at 240-250°C for 20-22 minutes and let dry at 230°C *ouche de four* pendant 5-8 minutes.

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