

# Scandinavian bread

## Topping & Inclusion



### 5 Seeds Mix

N° 1242

Brown flax, yellow flax, sesame, sunflower and poppy seeds

Other applications:

Country-style bread, special bread



## INGREDIENTS

T55 or T65 flour: 5,75 kg

Phil Concentré Scandinave: 0,45 kg

5 Seeds Mix: 2,5 kg

T85 rye flour: 1,3 kg

Phil Force: 0,1 kg

Yeast: 0,2 kg

Salt: 0,18 kg

Water: 5,8 L

**Base temperature:** 60-62°C.

**Kneading:**

- **First speed:** 5 minutes.
- **Second speed:** Oblique: 16 minutes.  
Spiral: 8 minutes.

**Dough temperature:** 25-26°C.

**First fermentation:** 30 minutes.

**Scaling:** divide into 350 g dough pieces.

**Intermediate proofing:** 30 minutes.

**Shaping:** in molds and score along the length.

**Final fermentation:** 1h30 at 25°C.

**Charging the oven:** turn on the steam and load into the oven.

**Baking:** bake 25 minutes at 240°C (top heat)/230°C (bottom heat).

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