



DISPLAY CONDITIONS

Ambient



CATEGORY

Bakery



FINISHED PRODUCT

Baguette, Crusty Bread, Occasion Bread, Speciality Bread, World Bakery

TWISTED BREAD WITH SPELT SOURDOUGH

INGREDIENTS

Group 1

Ingredient	KG	%
Wheat flour	10.000	100.00
Fermdor® S Germ	0.300	30.00
Salt	0.200	2.00
Lecitem® 1000	0.200	2.00
Yeast	0.120	1.20
Water	7.700	77.00
Fermdor® W Germ Liquid	0.420	4.20
Total Weight: 18.940		

Yield: 42 breads

METHOD

1. Add all ingredients into a spiral mixing bowl.
2. Mix for 6-8 minutes on slow speed and 6-8 minutes on fast speed, until fully developed (add only 80% of the water at the beginning).
3. Dough temperature should be 24-26°C.
4. Bulk for 180 minutes at a controlled temperature of 25-28°C, covered with plastic and fold after 90 minutes.
5. Scale at 450g, mould into long shape and dredge in flour and twist.
6. Prove for 20 minutes at a controlled temperature of 25-28°C, covered with plastic.
7. Bake at 240-250°C, falling to 200-220°C for 30-35 minutes, with steam.

8. Pull out damper after 18 minutes.