

Grain&Roll



Sourdough and sprouted grains. The best of our bakery ingredients come together. Enjoy the flavor and the texture of this slowly proofed bread.

INGREDIENTS

Dough ingredients	g	%
Flour Tradition	1,000	100
Water	550	55
Salt	20	2
\$500 CL	10	1
Softgrain Sprouted Wheat	250	25
Sapore Elena	100	10
Total dough	1,933	

WORKING METHOD

Mixing

Mixing spiral	8 min. at first speed - 3 min. at second speed
Dough temperature	26 °C
Bulk fermentation	90 min. at ambient temperature. With a fold after 45 min.
Scale	500 g
Intermediate proof	30 min. at ambient temperature

Make up/filling

Make up	Round, place in Baneton.
Final fermentation	16 hours at 15 °C, 80 % humidity

Decoration before baking

Decoration before baking	Dust with flour and cut in.
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Baking

Oven temperature	250 °C falling to 230 °C
Baking time	35 min.



Nutritional value per 100 g*

Energy	Fat / Saturated Fat	Carbohydrates / Sugars	Fibers	Proteins	Salt
896 kJ / 211 kcal	0.7 g / 0.1 g	41 g / 0.7 g	2.14 g	6.2 g	1.2 g

* Indicative values based on theoretical calculations.




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