

Holy Triangle



The best of all : great taste thanks to a combination of different sourdoughs, great texture and great health profile, in a clean label recipe. Our bakers added some pieces of walnut and apple for even more taste and texture. Who wants more?

INGREDIENTS

Dough ingredients	g	%
Flour duo	700	70
Water	600	60
Salt	20	2
Toasted walnuts	150	15
Dried apple pieces	150	15
S500 Wholemeal CL	20	2
Easy Puravita Buckwheat	300	30
O-tentic Durum	40	4
Sapore Rigoletto	20	2
Intens Short Bite	3	0.3
Total dough	2,003	

WORKING METHOD

Mixing

Mixing spiral	8 min. at first speed - 3 min. at second speed Add the inclusions the last minute
Dough temperature	26 °C
Bulk fermentation	30 min. at ambient temperature
Scale	600 g
Intermediate proof	20 min. at ambient temperature

Make up/filling

Make up	Make a triangle.
Final fermentation	Overnight at 4 °C, 80 % humidity

Decoration before baking

Decoration before baking	Rye flour, cut in 3 times.
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Baking

Oven temperature	250 °C falling to 230 °C
Baking time	40 min.



SOURCE OF FIBER



SOURCE OF PROTEIN

Nutritional value per 100 g*

Energy	Fat / Saturated Fat	Carbohydrates / Sugars	Fibers	Proteins	Salt
1,118 kJ / 266 kcal	7.4 g / 0.8 g	37 g / 5.2 g	4.79 g	8.2 g	2 g

* Indicative values based on theoretical calculations.




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