

Ultimate Sourdough Bread



Sourdough was the #3 conversational topic on social media in 2021. Consumers are craving it. Please discover our sourdough loaf, fermented without any baker's yeast, thanks to our innovation Leaven Up. This bread contains buckwheat to support protein and fiber claims.

INGREDIENTS

| Dough ingredients | g | % |
|--------------------------------|--------------|-----------|
| Flour duo | 1,000 | 100 |
| Water | 650 | 65 |
| Salt | 7 | 0,7 |
| S500 Wholemeal CL | 20 | 2 |
| Easy Puravita Buckwheat | 300 | 30 |
| Sapora Leaven up | 130 | 13 |
| Total dough | 2,112 | |

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 | 600 g |
| Intermediate proof | 30 min. at ambient temperature |

Make up/filling

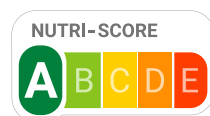
| | |
|--------------------|----------------------------------|
| Make up | Batard, place in baneton. |
| Final fermentation | Overnight at 5 °C, 80 % humidity |

Decoration before baking

| | |
|--------------------------|-----------------------------|
| Decoration before baking | Dust with flour and cut in. |
|--------------------------|-----------------------------|

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 |
|-------------------|---------------------|------------------------|--------|----------|-------|
| 921 kJ / 218 kcal | 2.4 g / 0.3 g | 39 g / 0.9 g | 3.76 g | 7.7 g | 1.3 g |

* Indicative values based on theoretical calculations.



