

To Oat or not to Oat



If you find this bread sweet and creamy, you got it right! Oat wholegrains and sourdoughs are doing the job in this little bread. I hear you: is it preservative free? It is!

INGREDIENTS

Dough ingredients	g	%
Flour tradition	700	70
Water	650	65
Salt	15	1,5
Fresh yeast	10	1
Softgrain Sprouted Oat	350	35
Tegral Puravita Vita+ Oat flakes	300	30
Intens Short Bite	3	0,3
S500 Wholemeal CL	40	4
Total dough	2,068	

WORKING METHOD

Mixing

Mixing spiral	8 min. at first speed - 3 min. at second speed
Dough temperature	24 °C
Bulk fermentation	30 min. at ambient temperature
Scale	500 g
Intermediate proof	20 min. at ambient temperature

Make up/filling

Make up	Round, place in baneton with the seam down.
Final fermentation	Overnight at 4 °C, 80 % humidity

Decoration before baking

Decoration before baking	Bake with seam up.
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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
914 kJ / 216 kcal	2.3 g / 0.3 g	38 g / 1.7 g	2.46 g	7.6 g	1.1 g

* Indicative values based on theoretical calculations.



