PRO+ Protein + Fibre bread

Recipe for 45 loaves with a dough piece weight of 650 g

Sourdough NTA 180

Sourdough starter	0.150 kg
Wholemeal rye flour	3.000 kg
Water	2.400 kg
Total rye sourdough	**5.400 kg**

Soaker

Extra coarse rye meal	0.500 kg
Pea protein, TexPlant EP 70M	1.200 kg
Linseed	1.800 kg
Crushed pumpkin seeds	0.800 kg
Cold water	5.400 kg
Total soaker	**9.700 kg**

Main dough

Rye sourdough	5.400 kg
Soaker	9.700 kg
Wholemeal wheat flour	7.000 kg
Low-fat quark	2.300 kg
Wheat gluten	0.400 kg
Salt	0.360 kg
Yeast	0.250 kg
Water, approx.	3.900 kg
Total weight	**29.310 kg**

Processing

Place all ingredients in the mixer and knead the dough thoroughly. After the dough rest, divide into 650 g portions and round. Then roll the dough pieces in the topping mixture and place them in well-greased loaf tins with the seam facing down. Allow the loaves to proof well and bake with sufficient steam.



Mixing time: 8 minutes slow and 5 minutes fast

Dough rest: approx. 1 hour at room temperature

Topping: 1 kg golden linseed, 1 kg crushed pumpkin seeds

Dough piece weight: 650 g (loaf tin size 19 × 10 × 8.5 cm)

Baking temperature: 240 °C,, decreasing to 220 °C

Baking time: approx. 50 minutes, open the damper for the final 15 minutes

Product properties

- High in protein: 20% of the energy content comes from protein
- High in fibre: at least 6 g of fibre per 100 g
- Reduced carbohydrate content: 30% less than comparable products

For further information, please contact your technical advisor!

Bindewald Gutting
MILLING GROUP