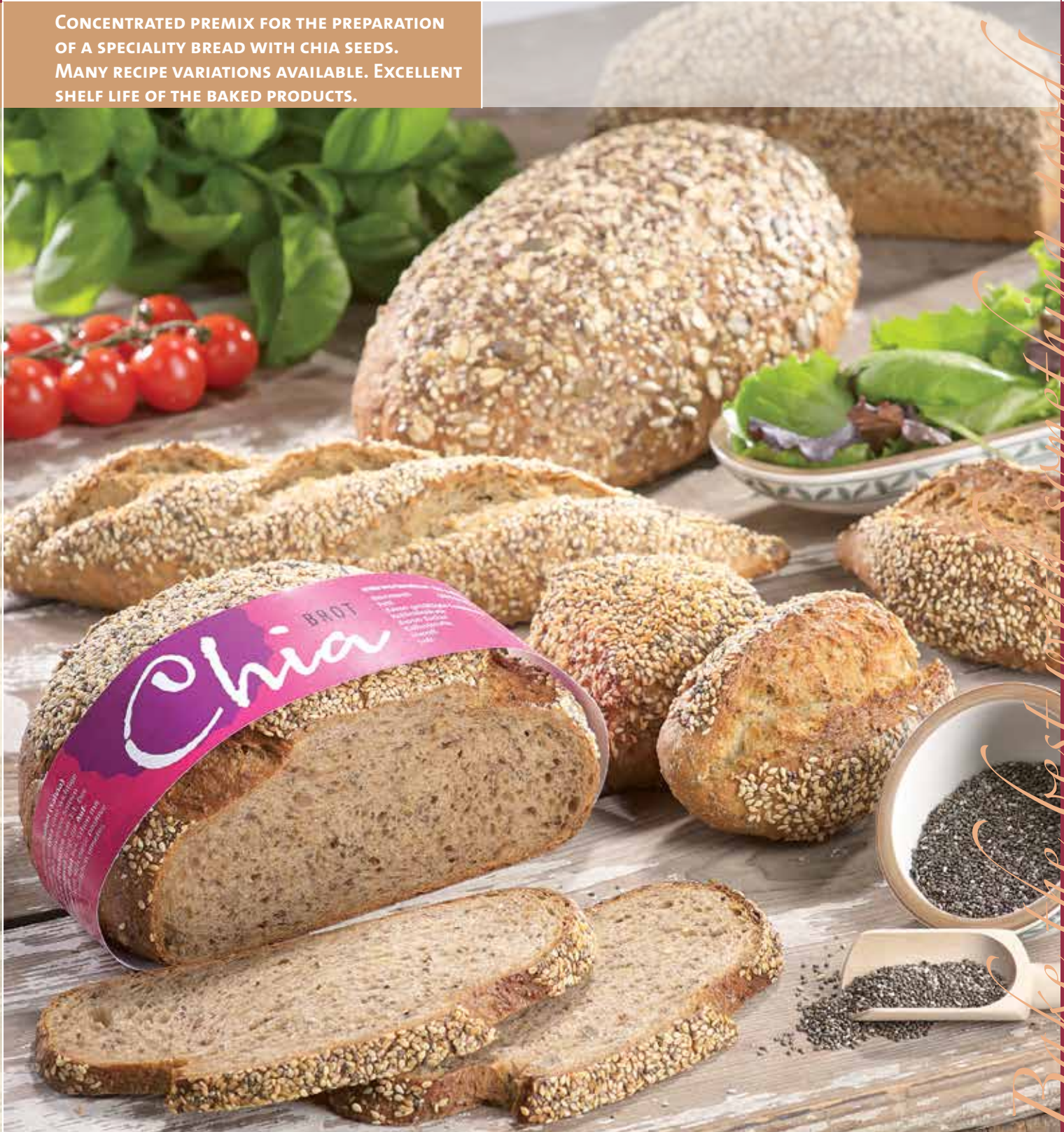


KOMPLET Chia Bread 40

CONCENTRATED PREMIX FOR THE PREPARATION OF A SPECIALITY BREAD WITH CHIA SEEDS. MANY RECIPE VARIATIONS AVAILABLE. EXCELLENT SHELF LIFE OF THE BAKED PRODUCTS.



Bake the best with something good!



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Chia Bread

KOMPLET Chia Bread 40	4,000 kg
Wheat Flour Type 550	6,000 kg
Vegetable Oil	0,250 kg
Fresh yeast (dried yeast 0,100 kg)	0,300 kg
Water	approx. 6,700 kg
Total weight	approx. 17,250 kg
Decoration (suggestion):	
Sesame seeds	0,250 kg
KOMPLET Chia Bread 40	0,250 kg
Total weight with decoration	17,750 kg

Method:

Prepare a dough with all ingredients and allow to rest.

Mixing time:

Spiral mixer: 3 minutes on slow +
6 minutes on fast speed

Dough temperature: 26 °C

Dough resting time: 25 minutes

After the resting time, scale dough pieces and work off according to the desired bread shape. Then moisten and dip into decoration seeds (approx. 15 g per piece), deposit into bread moulds or tins and prove.

Scaling weight: 0,600 kg

Proving time: 35 - 45 minutes at 30 °C and
70% rel. humidity.

Deposit the loaves on to stretchers, cut, if desired, and bake with steam.

Tinned breads also should be cut and baked with steam. After 2 minutes pull damper for approx. 5 minutes.

Baking temperature: 240 °C falling to 200 °C

Baking time: 40 - 45 minutes



What is Chia?

Chia is an edible seed that comes from the desert plant "Salvia Hispanica". This a species of sage, grown in Mexico which dates back to the Mayan and Aztec periods.

Chia was an extremely important nutritional plant, but it had almost fallen into oblivion after the end of the Aztec civilisation.

Today, Chia is again being grown in South America and Australia and the seeds can be either black or white in colour.

The Chia Seeds are a concentrated food and valuable supplier of omega-3 fatty acids to the body. They have a slightly nutty flavour, and they provide a high degree of saturation.

Why Chia?

The unique advantage of Chia is the high portion of omega-3 fatty acids (alpha-linolenic acids), that the seeds contain.

The alpha-linolenic acid contributes to the maintenance of normal cholesterol levels in the blood. This effect occurs upon the daily consumption of 2 g of alpha-linolenic acids. They are contained in approx. 4 slices of Chia bread made with the **KOMPLET Chia Bread 40** mix, using the recommended recipe.



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