

# KOMPLET Gluten- and Lactose-Free Flours

FOR THE PREPARATION OF GLUTEN- AND LACTOSE-FREE BREAD, ROLLS, COOKIES AND PASTA, ETC.



*Bake the best with something good.*



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## Recipe Gluten- and Lactose-free Brioche-style Bread

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	0,300 kg
Butter, liquid	0,200 kg
Sugar	0,150 kg
Fresh Yeast /Dry Yeast	0,080 kg / 0,030 kg
Salt	0,010 kg
Water	0,700 kg
<b>Total weight</b>	<b>2,440 kg</b>
<b>Yield</b>	<b>4 pieces</b>

### Process:

Make the dough with all the ingredients (using a flat beater).

**Mixing time:** approx. 3 minutes on first speed  
approx. 3 minutes on medium speed

**Dough temperature:** approx. 30 °C

**Scaling weight:** 570 g dough pieces  
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale 570 g and place the dough with wet hands into the baking tins.

**Proving time:** approx. 40 minutes  
(35 °C and 75 % humidity)

**Baking temperature:** approx. 230 °C, falling to 200 °C

**Baking time:** 45 minutes (bake with steam)

### Variations:

#### Chocolate Brioche-style bread

After mixing, add to the above dough quantity:  
400 g Chocolate Drops

#### Brioche-style bread with raisins

After mixing, add to the above dough quantity:  
400 g soaked raisins

# KOMPLET Dark Gluten- and Lactose-Free Flour

FOR THE PREPARATION OF GLUTEN- AND LACTOSE-FREE BREAD AND ROLLS.



## Recipe Gluten- and Lactose-free Rustic Bread

<b>KOMPLET Dark Gluten- and Lactose-free Flour</b>	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Water	1,100 kg
<b>Total weight</b>	<b>2,290 kg</b>

**Yield:** 4 pieces

### Process:

Make the dough with all the ingredients (using a flat beater)

**Mixing time:** approx. 3 minutes on first speed  
approx. 3 minutes on medium speed

**Dough temperature:** approx. 30 °C

**Scaling weight:** 570 g dough pieces  
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale at 570 g and place the dough with wet hands into the baking tins.

**Proving time:** approx. 40 minutes  
(35 °C and 75 % humidity)

**Baking temperature:** approx. 230 °C,  
falling to 200 °C

**Baking time:** 45 minutes (bake with steam)

### MASTER TIP:

IF YOU REQUIRE A BREAD WITH A HIGHER VOLUME,  
ADD 4 EGGS PER KG **KOMPLET Gluten- and Lactose-free Flour.**



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