

KOMPLET High Fibre'n Grain 50

CONCENTRATED PREMIX FOR THE PREPARATION OF HIGH FIBRE BREAD, ROLLS, BAGUETTES AND MORE. DELICIOUS TASTE AND GOOD SHELF LIFE.



Bake the best with something good!



KOMPLET High Fibre'n Grain 50

CONCENTRATED PREMIX FOR THE PREPARATION OF HIGH FIBRE BREAD, ROLLS, BAGUETTES AND MORE.

Basic Recipe: High Fibre dough for bread

KOMPLET High Fibre'n Grain 50	5,000 kg
Wheat flour	5,000 kg
Fresh yeast (dried yeast 0,100 kg)	0,300 kg
Water	approx. 6,000 kg
Total weight	approx. 16,300 kg

Mixing time, spiral mixer: 3 min. slow + 6 min. fast
Dough temperature: 26 °C
Dough resting time: 20 minutes

Basic Recipe: High Fibre dough for rolls and baguette

KOMPLET High Fibre'n Grain 50	2,500 kg
Wheat flour	7,500 kg
Salt	0,100 kg
Fresh yeast (dried yeast 0,130 kg)	0,400 kg
Water	approx. 6,000 kg
Total weight	approx. 16,500 kg

Mixing time, spiral mixer: 3 min. slow + 6 min. fast
Dough temperature: 26 °C
Dough resting time: 10 minutes

High Fibre Bread

Prepare the High Fibre dough for bread. After the resting time, scale dough pieces of 400 g and shape round. Allow to rest and shape oblong. Put loaves seam upwards into floured bread baskets.

Proving time: 35 - 40 min.
at 35 °C and 80 % rel. humidity
Place on stretchers/setting
devices and cut 3 - 4 times.

Bake with steam.
Yield: 40 breads

Baking temperature: 230 °C falling to 200 °C
Baking time: 40 minutes



High Fibre Rolls

Prepare the High Fibre dough for rolls and baguette. After the resting time, scale dough pieces of 1,650 kg (for 30 rolls). After 10 minutes proving put the dough on a floured divider plate and mould. Moisten the surface, dip into **KOMPLET Mixed Seeds** or sunflower seeds, place on baking trays and prove. Then bake with steam.

Yield: 300 rolls
Proving time: 35 - 40 minutes at 35 °C
and 80 % rel. humidity
Baking temperature: 230 °C
Baking time: 20 - 22 minutes

High Fibre Baguette

Prepare the High Fibre dough for rolls and baguette. After resting time, scale dough pieces of 300 g and shape oblong. Allow to rest for a moment and shape long. Moisten the surface and dip into **KOMPLET Mixed Seeds** or sesame seeds and prove. Place on Baguette trays and prove. After 3/4 proof cut 3 - 4 times and bake with steam.

Yield: 55 baguettes
Proving time: 35 - 40 minutes at 35 °C
and 80 % rel. humidity
Baking temperature: 230 °C
Baking time: 23 minutes



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