

KOMPLET Quinoa Bread 50

CONCENTRATED PREMIX FOR THE PREPARATION OF DELICIOUS QUINOA BREADS AND OTHER BAKERY SPECIALITIES WITH AN OUTSTANDING SHELF LIFE.



Bake the best with something good!



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Quinoa Bread

KOMPLET Quinoa Bread 50	5,000 kg
KOMPLET Wheat Flour Type 550	5,000 kg
Vegetable oil	0,300 kg
Fresh yeast (dried yeast 0,100 kg)	0,300 kg
Water	approx. 7,000 kg

Total weight approx. 17,600 kg

For Decoration:

Sesame seeds	0,250 kg
KOMPLET Quinoa Bread 50	0,250 kg

Yield: 29 pieces

Method:

Prepare a dough with all ingredients and allow to rest.

Mixing time

(Spiral mixer): 3 minutes slow + 8 minutes fast

Dough temperature: approx. 25 °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.

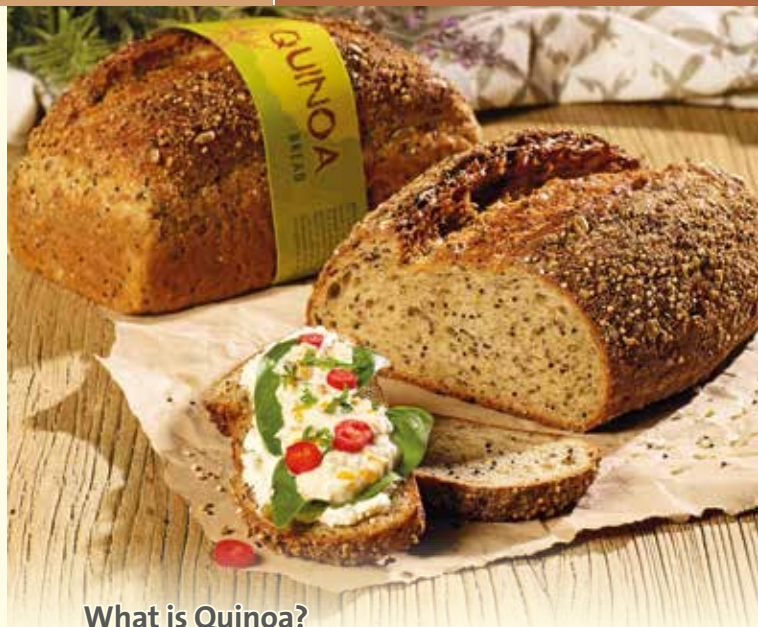
Scaling weight: 600 g

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 Quinoa?

Quinoa is the common name for *Chenopodium quinoa*, a flowering plant in the amaranth family *Amaranthaceae*. It originated in South America, where it was domesticated approx. 5000 years ago and has been an important staple food in the Andean cultures ever since. **Quinoa** is grown as a grain crop primarily for its edible seeds, from coastal regions to over 4000 m in the high-altitude regions of the Andes. In Europe, **Quinoa** was practically unknown until the 20th Century.

Why Quinoa?

The fruits (seeds) of the **Quinoa** flower are about 2 mm in diameter. The composition of **Quinoa** is similar to that of cereals, however, it is a pseudocereal rather than a true cereal and closely related to the edible plants beetroot or spinach. **Quinoa** is gluten-free and a rich source of protein, dietary fibre, several B vitamins and dietary minerals, especially manganese and phosphorus.

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