

KOMPLET Grainstar

PREMIX FOR THE PREPARATION OF WHOLE GRAIN BREADS SUPPORTING A MODERN, CONSCIOUS DIET. FULLY VEGAN, YEAST FREE, RICH IN GRAINS AND SEEDS AND WITH A UNIQUE NUTTY AND AROMATIC FLAVOUR.

Body & Soul



Bake the best with something good.



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Grainstar

KOMPLET Grainstar	10,000 kg
Salt	0,200 kg
Maple Syrup	0,650 kg
Oil	0,650 kg
Water	7,500 kg
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Weight	19,000 kg
Decoration (suggestion):	
Pumpkin seeds	1,200 kg
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Total weight	20,200 kg

Yield: 32 loaves

Method:

Mix a dough with all ingredients.

Mixing time (spiral mixer): 5 minutes slow

Dough temperature: 30 °C

After mixing, scale pieces, bring slightly into shape and moisten the surface before rolling in topping. Then place the breads in prepared baking moulds. Rest for 1 - 4 hours, then bake with steam.

Scaling weight: 590 g

Baking temperature: 200 °C falling to 170 °C

Baking time: 120 minutes

MASTER TIP:

THE BAKING TIME OF 2 HOURS FOR A BREAD OF 600 g IS ESSENTIAL, OTHERWISE THE BREAD WILL COLLAPSE AFTER BAKING!

Honey

In all recipes, you may use honey instead of syrup at a ratio of 1 to 1.

However, breads prepared with honey cannot be offered as vegan products any more.



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Abel + Schäfer

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