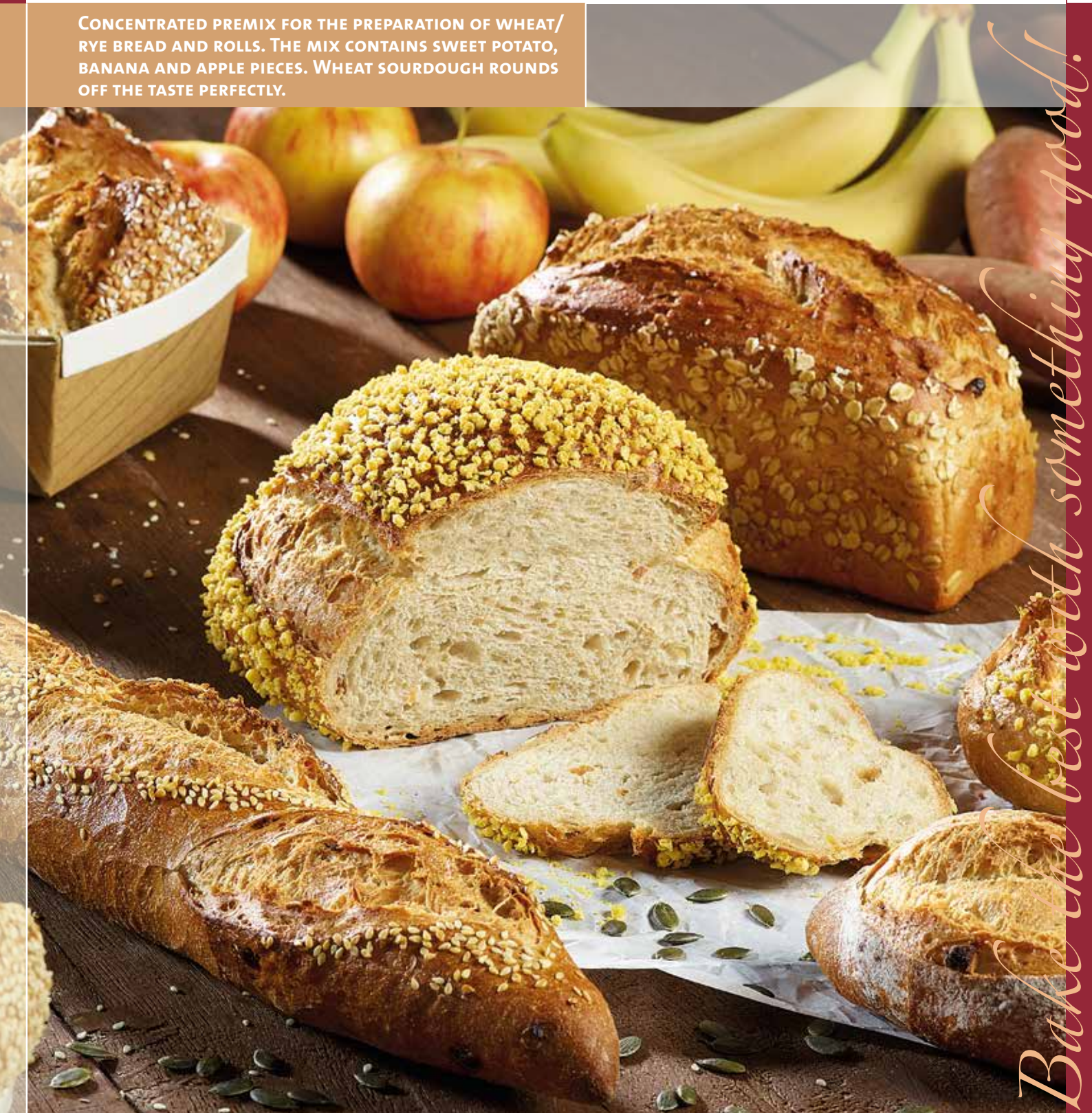


# KOMPLET Marathon Plus 50

CONCENTRATED PREMIX FOR THE PREPARATION OF WHEAT/  
RYE BREAD AND ROLLS. THE MIX CONTAINS SWEET POTATO,  
BANANA AND APPLE PIECES. WHEAT SOURDOUGH ROUNDS  
OFF THE TASTE PERFECTLY.



*Bake the best with something good!*



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## Marathon Bread

<b>KOMPLET Marathon Plus 50</b>	5,000 kg
Wheat flour	5,000 kg
Honey	0,200 kg
Fresh yeast (dried yeast 0,100 kg)	0,300 kg
Water	approx. 5,800 kg
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Total weight	approx. 16,300 kg

**Yield:** 40 loaves

### Method:

Prepare the dough with all the ingredients.

**Mixing time, Spiral mixer:** 3 minutes slow  
+ 6 minutes fast

**Dough temperature:** 26 °C

**Dough resting time:** approx. 30 minutes

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. After 3/4 proof, place on oven loaders and give cuts. Then bake with steam.

**Scaling weight:** 400 g  
**Proving time:** approx. 40 minutes  
at 35 °C and 80 % rel.  
humidity

**Baking temperature:** 230 °C falling to 200 °C  
**Baking time:** 35 minutes



## Marathon Rolls

<b>KOMPLET Marathon Plus 50</b>	2,500 kg
Wheat flour	7,500 kg
Salt	0,100 kg
Honey	0,200 kg
Fresh yeast (dried yeast 0,100 kg)	0,300 kg
Water	approx. 5,600 kg
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Weight	approx. 16,200 kg

**Yield:** approx. 400 rolls

### Method:

Prepare the dough with all ingredients like for **Marathon Bread**.

**Dough resting time:** 10 minutes

After the resting time, scale dough pieces of 1.200 g (for 30 rolls). Leave to prove for 10 minutes, place the dough on a floured divider plate and mould. Moisten the surfaces, dip into sesame seeds, place on baking trays and prove. Then bake with steam.

**Scaling weight:** 1.200 g  
**Proving time:** approx. 35 – 40 minutes  
at 35 °C and 80 % rel.  
humidity

**Baking temperature:** 230 °C  
**Baking time:** approx. 17 minutes

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Abel + Schäfer  
Schloßstraße 8-12 · 66333 Völklingen  
Tel.: +49(0)6898/9726-0 · Fax: +49(0)6898/9726-97

export@komplet.com · www.komplet.com