

KOMPLET Gluten- and Lactose-free Flours

Recipe Brochure



*Bake the best
with something good!*



KOMPLET *Gluten- and Lactose-free Flour*



Gluten is contained in wheat flour. Wheat gluten or extracts thereof are components in a large amount of food products, especially baked goods. Gluten is also contained in other cereals such as rye, spelt, barley and oats.

At the same time, many people who suffer from a gluten allergy also have a problem with lactose.

The consequence is that customers ask more frequently in bakeries and pastry shops, hotels etc. for baked goods free from gluten, and sometimes also free from lactose.

For the preparation of baked goods, raw materials such as wheat flour, milk and milk products play an important part. They cannot be substituted easily with other raw materials.

Therefore we have now added two items to our product range:

KOMPLET Gluten- and Lactose-free Flour

This flour has been conceived for the preparation of gluten- and lactose-free bread, rolls, cookies, pasta, etc.

KOMPLET Dark Gluten- and Lactose-free Flour

This flour is ideal for the preparation of gluten- and lactose-free bread and rolls.

We have developed some recipes which we wish to put at your disposal.

As you can see, our gluten- and lactose-free flours offer a large variety of recipe applications.

We hope that the introduction of these products will assist you to satisfy the demands of your customers.

We wish you success and remain at your disposal for further information and advice.

Abel + Schäfer / KOMPLET International



Bake the best with something good!

Gluten- and Lactose-free White Bread



Recipe

KOMPLET Gluten- and Lactose-free Flour	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
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Total weight	2,290 kg
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**.

Gluten- and Lactose-free Bread with Sunflower Seed



Recipe

Roasted Sunflower Seeds	0,400 kg
Water	0,100 kg

Mix the Water with the Sunflower Seeds, and let rest for approx. 30 minutes

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Soaked Sunflower Seeds (see above)	0,500 kg
Water	1,100 kg

Total weight 2,790 kg

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: 600 g dough pieces
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale 600 g and place the dough with wet hands into the baking tins. Sprinkle the surface with Sunflower Seeds.

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**.

Bake the best with something good!

Gluten- and Lactose-free White Bread with Dried Onions



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Dried Onions	0,150 kg
Water	1,100 kg
Total weight	2,440 kg
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: 600 g dough pieces
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale at 600 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**.

Gluten- and Lactose-free White Bread with Chili and Bell Pepper



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Fresh Chili	0,030 kg
Red Bell Pepper	0,300 kg
Water	1,000 kg

Total weight 2,620 kg

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: 600 g dough pieces
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale at 600 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.

Bake the best with something good!

Gluten- and Lactose-free Pizza



Recipe

KOMPLET Gluten- and Lactose-free Flour	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

Total weight 2,290 kg

Yield 11 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: 200 g

Do not rest the dough! Scale at 200 g and shape the dough with wet hands in round pieces like a pizza Ø 28 cm. Pre- bake it before topping!

Proving time: approx. 25 minutes
(35 °C and 75 % humidity)

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

Baking time: 20 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.

Gluten-free Brioche-style Bread



Recipe

KOMPLET Gluten- and Lactose-free Flour	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
Total weight	2,440 kg
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 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

Gluten-free Muffins



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	0,450 kg
Butter	0,420 kg
Sugar	0,900 kg
Gluten-free Baking Powder	0,030 kg
Milk	0,420 kg
Salt	0,010 kg
Vanilla Flavour	0,005 kg
Total weight	3,235 kg
Yield	40 pieces

Process:

Mix the butter (ambient temperature), sugar, salt and vanilla with wired whisk on medium speed. Then give the eggs cautiously one by one into the bowl. At the end of this process, incorporate carefully the gluten-free flour and the baking powder into the batter.

Scaling weight: approx. 80 g
for Vanilla Muffins

Baking time: approx. 20 minutes

Baking temperature: approx. 180 °C

Variations:

Blueberry Muffins

add 180 g blueberries per 1,000 kg batter.

Chocolate Muffins

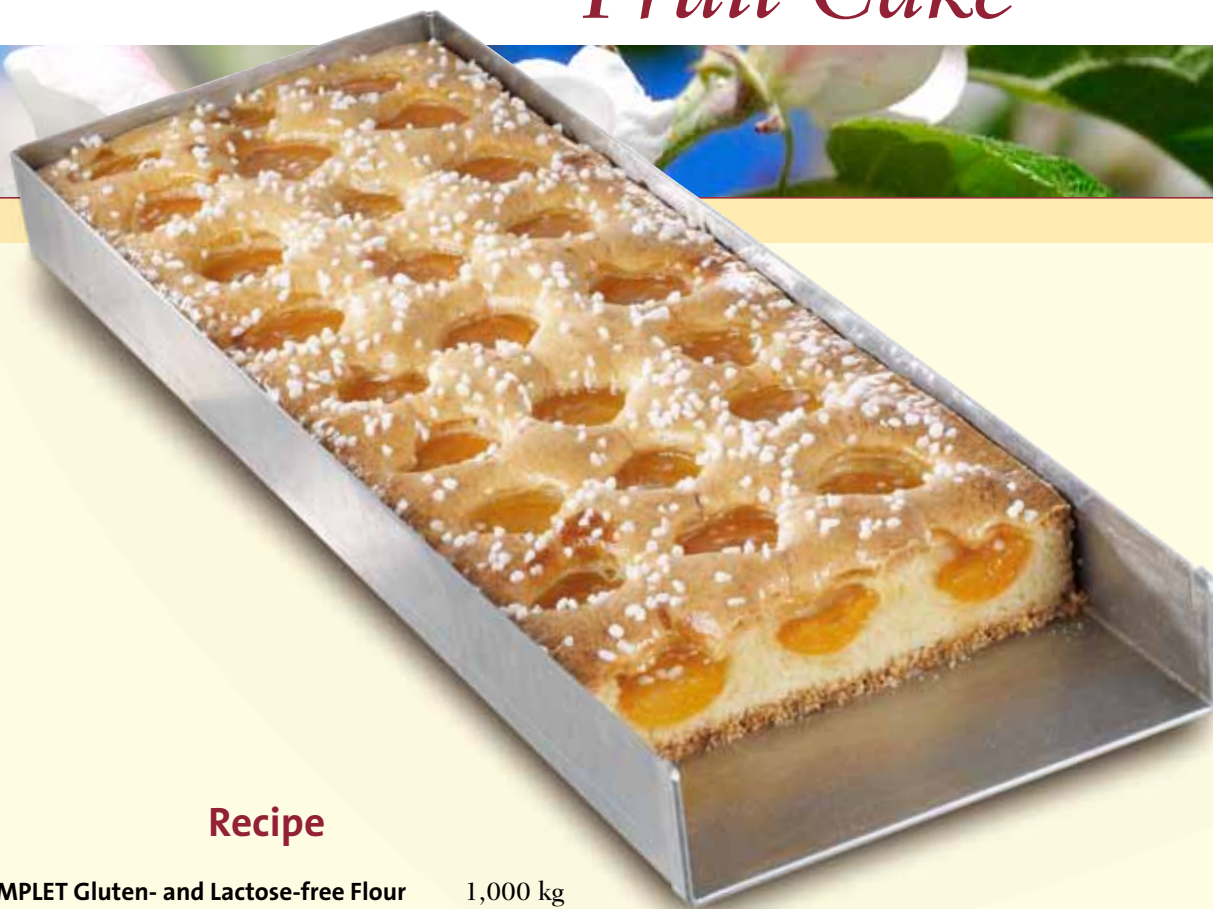
add 200 g chocolate drops per 1,000 kg batter.

Apple Muffins

add 200 g chopped, fresh apples per 1,000 kg batter.

Bake the best with something good!

Gluten- and Lactose-free Fruit Cake



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	0,750 kg
Sugar	0,900 kg
Vegetable Oil	0,750 kg
Gluten-free Baking Powder	0,030 kg
Salt	0,010 kg

Total weight 3,440 kg

Yield 2 trays 60 x 20 cm

Process:

Make a batter with all the ingredients (using a flat beater, 3 minutes on medium speed).

Scaling weight: 1700 g batter
(trays of 60 / 20)

Use any kind of tin fruits, like apricot or cherries, for topping and bake.

Baking time: approx. 45 minutes

Baking temperature: approx. 180 °C

After baking dust with powder sugar or spread with apricot jam.

Abel + Schäfer Völklingen
Schloßstraße 8-12 · 66333 Völklingen
Tel.: 0 68 98 / 97 26 - 0 · Fax: 0 68 98 / 97 26 - 97



KOMPLET Berlin
Nunsdorfer Ring 18 · 12277 Berlin
Tel.: 0 30 / 72 39 72 - 0 · Fax: 0 30 / 72 39 72 - 99

info@komplet.com · www.komplet.com

Bake the best with something good!

Gluten-free Vanilla Pound Cake



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	0,900 kg
Butter	0,900 kg
Sugar	0,900 kg
Vanilla Flavour	0,020 kg
Gluten-free Baking Powder	0,030 kg
Salt	0,010 kg
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Total weight	3,760 kg
Yield	6 pieces

Process:

Mix the butter (ambient temperature), the sugar the salt and the vanilla with wired whisk on medium speed. Then give the eggs cautiously one by one into the bowl. Blend the flour with the baking powder, incorporate carefully the gluten-free flour and the baking powder into the batter.

Scaling weight: 600 g batter
(tins of 19 cm x 8 cm x 7 cm)

Scale at 600 g and place the batter with wet hands and a scraper into the baking tins.
Cut with an oiled scraper lengthwise.

Baking time: approx. 55 minutes

Baking temperature: approx. 180 °C

Bake the best with something good!

Gluten-free Chocolate Cake



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	0,900 kg
Butter	0,900 kg
Sugar	1,000 kg
Vanilla Flavour	0,005 kg
Cocoa	0,150 kg
Milk	0,200 kg
Gluten-free Baking Powder	0,030 kg
Salt	0,010 kg
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Total weight	4,195 kg
Yield	6 pieces

Process:

Mix the butter (ambient temperature), sugar, cocoa, salt, milk and vanilla with wired whisk on medium speed. Then give the eggs cautiously one by one into the bowl. Blend the flour with the baking powder, incorporate carefully gluten-free flour and baking powder into the batter.

Scaling weight: 630 g batter
(tins of 19 cm x 8 cm x 7 cm)

Scale at 630 g and place the batter with wet hands and a scraper into the baking tins.
Cut with an oiled scraper lengthwise.

Baking time: approx. 55 minutes

Baking temperature: approx. 180 °C

Gluten-free Mini Sacher Cake



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	1,100 kg
Butter	1,000 kg
Sugar	1,000 kg
Vanilla Flavour	0,005 kg
Chocolate, melted	1,000 kg
Gluten-free Baking Powder	0,030 kg
Salt	0,010 kg
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Total weight	5,145 kg
Yield	34 pieces

Process:

Mix the butter (ambient temperature), sugar, salt and vanilla with wired whisk on medium speed. Then give the eggs cautiously one by one into the bowl. At the end of this process, incorporate carefully gluten-free flour and baking powder into the batter.

Pipe the batter (150 g) into a 10 cm ø round shape onto the baking tray and bake.

Baking time: approx. 15 minutes

Baking temperature: approx. 180 °C

After baking make up like a regular Sacher Cake.

Bake the best with something good!

Gluten-free Banana Cake



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	0,750 kg
Vegetable Oil	0,600 kg
Sugar	1,200 kg
Bananas, ripe	1,350 kg
Milk	0,600 kg
Cinnamon powder	0,010 kg
Gluten-free Baking Powder	0,050 kg
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Total weight	5,560 kg
Yield	8 pieces

Process:

Mix the bananas, sugar, salt and cinnamon with wired whisk on medium speed. Then give the eggs and the oil into the bowl and beat for 2 minutes. At the end of this process, mix the milk, gluten-free flour and baking powder into the batter.

Scaling weight: 630 g batter
(tins of 19 cm x 8 cm x 7 cm)

Scale 630 g and place the batter with wet hands and a scraper into the baking tins.
Cut with an oiled scraper lengthwise.

Baking time: approx. 55 minutes

Baking temperature: approx. 180 °C

Gluten-free Cookies



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	0,600 kg
Butter	1,100 kg
Sugar	0,900 kg
Almonds, sliced	0,600 kg
Salt	0,010 kg
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Total weight	4,210 kg
Yield	200 pieces

Process:

Mix the butter (ambient temperature), sugar and salt with wired whisk on medium speed. Then give the eggs cautiously one by one into the bowl. At the end of this process, incorporate slowly the almonds. Remove the bowl, and fold the gluten-free flour cautiously into the batter.

Pipe the batter onto a baking paper; make dots and bake.

Baking time: approx. 10 minutes

Baking temperature: approx. 200 °C

Decorate with liquid chocolate, if desired.

Bake the best with something good!

Gluten-free “American-style” Cookies



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	0,200 kg
Butter	0,500 kg
Sugar	1,000 kg
Salt	0,010 kg
Chocolate Drops	0,400 kg
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Total weight	3,110 kg
Yield	60 pieces

Process:

Prepare the dough with all ingredients, using a flat beater.

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

Make up the dough directly after mixing! Use an ice cream scoop and deposit cookies like usual. You can also roll the dough into a sausage and cut off small slices.

Baking time: approx. 15 minutes
Baking temperature: approx. 200 °C

Bake the best with something good!

Gluten-free Linzeraugen (Linzer Eyes)



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	0,200 kg
Butter	0,400 kg
Sugar	0,300 kg
Vanilla Flavour	0,010 kg
Salt	0,010 kg
Total weight	1,920 kg
Yield	55 pieces

Process:

Make a dough (like short pastry) with all the ingredients (using a flat beater, 3 minutes on medium speed).

Put the dough for 30 minutes into the chiller, then roll out (approx. 3 mm high) and make up.

Baking time: approx. 15 minutes

Baking temperature: approx. 180 °C

After baking fill with a red jam and dust with powder sugar.

Master Tip:

THIS RECIPE IS FOR A SHORT PASTRY-STYLE DOUGH, WHICH CAN BE USED IN MANY DIFFERENT PRODUCTS.

Bake the best with something good!

Gluten-free Stollen



Recipe

Basic Dough :

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	0,100 kg
Butter	0,400 kg
Sugar	0,100 kg
Fresh Yeast /Dry Yeast	0,080 kg / 0,030 kg
Salt	0,010 kg
Water	0,300 kg
Dough weight	1,990 kg

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

Fruit Mix (soaked in orange juice for 24 h)

Raisins	0,500 kg
Dry Apricots, diced	0,200 kg
Almond Slivers (roasted)	0,200 kg
Hazelnuts (roasted)	0,200 kg
Fruit Mix	1,100 kg

Mix the dough and the fruits carefully and let rest for 10 minutes

Yield 15 pieces

Dough temperature: approx. 30 °C

Scale pieces of 200 g and make up as a Stollen.

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

Baking temperature: approx. 230 °C,
falling to 170 °C

Baking time: 45 minutes (bake with steam)

After baking brush with liquid butter and roll in sugar.

Bake the best with something good!

Gluten-free Waffles



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	0,400 kg
Butter, soft	0,300 kg
Sugar	0,250 kg
Milk	1,400 kg
Salt	0,020 kg
Vanilla	0,020 kg
Gluten-free Baking Powder	0,060 kg
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Total weight	3,450 kg
Yield	17 pieces

Process:

Mix at first butter, eggs, milk, sugar, salt and vanilla together; use a flat batter, 3 minutes on medium speed.

Add the gluten-free flour and the baking powder, mix for another 3 minutes.

Scaling weight: 200 g batter,
use a pipe and fill the iron
(2 half waffles)

Baking time: approx. 4 minutes

Baking temperature: approx. 220 °C

Bake the best with something good!

Gluten-free Pancakes



Recipe

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Eggs	1,500 kg
Sugar	0,200 kg
Milk	2,000 kg
Salt	0,040 kg
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Total weight	4,770 kg

Process:

Mix all ingredients together, use the flat beater for 3 minutes on medium speed.
Bake in a frying pan as usual.

Bake the best with something good!

Gluten- and Lactose-free Rustic Bread



Recipe

KOMPLET Dark Gluten- and Lactose-free Flour	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
Total weight	2,290 kg
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 Dark Gluten- and
Lactose free Flour.**

Gluten- and Lactose-free Rustic Sunflower Seed Bread



Recipe

Roasted Sunflower Seeds	0,400 kg
Water	0,100 kg

Mix the Water with the Sunflower Seeds, and let rest for approx. 30 minutes

KOMPLET Dark Gluten- and Lactose-free Flour	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Soaked Sunflower Seeds (see above)	0,500 kg
Water	1,100 kg

Total weight 2,790 kg

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: 600 g dough pieces
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale at 600 g and place the dough with wet hands into the baking tins. Sprinkle the surface with Sunflower Seeds.

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 Dark Gluten- and Lactose-free Flour**.

Bake the best with something good!

Gluten- and Lactose-free Walnut-Raisin Bread



Recipe

Soaked Raisins:

Raisins	0,300 kg
Water	0,100 kg

Mix the Water with the raisins, and let rest for approx. 30 minutes

KOMPLET Dark Gluten- and Lactose-free Flour	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Soaked Raisins (see above)	0,400 kg
Walnut	0,200 kg
Water	1,100 kg

Total weight 2,890 kg

Yield 5 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: 600 g dough pieces
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale at 600 g and place the dough with wet hands into the baking tins. Sprinkle the surface with Sunflower Seeds.

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 Dark Gluten- and Lactose-free Flour**.

Gluten- and Lactose-free Rustic Bread Roll



Recipe

KOMPLET Dark Gluten- and Lactose-free Flour	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

Total weight	2,290 kg
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Yield	37 pieces
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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: 60 g

Do not rest the dough! Scale at 60 g and shape the dough with wet hands into small round roll.

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

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

Baking time: 25 minutes (bake with steam)

Master Tip:

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