



**CHALKIDIKI  
FLOUR MILLS SA**



**QUALITY CONTROL LABORATORY**  
*traditional quality*

## **Schwabenkorn bread** *wholemeal spelt wheat bread*

	<b>Ingredients</b>	<b>Quantity</b>
1	Flour <b>Schwabenkorn</b>	10000 g
2	Fresh yeast (or dry yeast)	180 g (75 g)
3	Water ( ≈ 35° C)	7000 g



### **PROCEDURE**

Dough temp: 28° C

Mixing time: 10-12 minutes slow

Resting time: 20 minutes

Dough weight: 600 g (2 loaves per tin 24 cm x 10 cm x 10 cm)

Preparation: Work up with moist hands, form the loaves, cover surface with sunflower seeds and put into greased tins.

Proof: 60 minutes (full proof)

Baking temp.: Start at 260° C with steam open damper after 2 minutes, decreasing to 190° C at the end

Baking time: 70 minutes

