



**CHALKIDIKI
FLOUR MILLS SA**



QUALITY CONTROL LABORATORY
traditional quality

Sourdough bread

Simple and original bread with good swelling

	Ingredients	Quantity
1	Flour Farina Zero	10000 g
2	Flour Krustika	800 g
3	Salt	200 g
4	Yeast	200 g
5	Water (15° C)	7000 g



PROCEDURE

Put all the ingredients into the mixer and knead at low speed for 8 minutes and 6 minutes on high.

Let the dough rest for 45 minutes.

Cut into pieces of 450 gr. and form into long or round loaves. Coat with flour.

Place the oiled forms (or frames) in the stove for 40 minutes at 35 ° C and 77% humidity.

Bake at 220 ° C with a little steam for 45 minutes.

