



**CHALKIDIKI
FLOUR MILLS SA**



QUALITY CONTROL LABORATORY
traditional quality

Sourdoughed Country style bread I

	Ingredients	Quantity
1	Flour Limnos	7000 g
2	Flour “ Karveli ”	2000 g
3	Flour Durasoft	2000 g
4	Concentrate Krustika	700 g
5	Salt	200 g
6	Yeast	300 g
7	Water	6500-8000 g

PROCEDURE

Dough temperature: 26-28 °C
Mixing time: 4 minutes slow + 6 minutes fast speed (spiral mixer)
Resting time: 15 minutes
Proof time: 45-60 min
Baking: 240°C with steam
Baking time: 20-25 minutes (depending on the weight of the loaves)

