



**CHALKIDIKI
FLOUR MILLS SA**



QUALITY CONTROL LABORATORY
traditional quality

Swabian loaf



	Ingredients	Quantity
1	Flour Durasoft	7000 g
2	Concentrate RYE PLUS	3000 g
3	Fresh yeast (or dry yeast)	300 g (120 g)
4	Salt	200 g
5	Water	6500-6800 g

PROCEDURE

Dough temp: 28° C
Mixing time: 3 minutes slow + 5 minutes fast
Resting time: 20-30 minutes
Dough weight: 580 g for 500 g loaf
Preparation: Mould dough pieces, dust topside with flour and set up on trays
Proof: 45 minutes approx. Before baking, cut surface.
Baking temp.: 230° C with steam
Baking time: 40 minutes

