



**CHALKIDIKI
FLOUR MILLS SA**



QUALITY CONTROL LABORATORY
traditional quality

Rye rolls & sticks

	Ingredients	Quantity
1	Flour Durasoft	7500 g
2	Concentrate RYE PLUS	2500 g
3	Fresh yeast (or dry yeast)	450 g (150 g)
4	Salt	200 g
5	Improver Super Impression	100 g
6	Water	5700-6000 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:	20 minutes

