



**CHALKIDIKI
FLOUR MILLS SA**



QUALITY CONTROL LABORATORY

traditional quality

Soft Grain rye Bread

	Ingredients	Quantity
1	Flour Soft Grain rye	7200 g
2	Water	5300 g
3	Yeast	120 g
	TOTAL	12620 g



PROCEDURE

Dough temp:	32-35° C
Mixing time:	20 minutes
Resting time:	none
Dough weight:	1,200 g – put straight in bread tins
Bread tin	1,8 litre rye bread tins or aluform 76140
Preparation:	Smooth out and sprinkle with sesame seeds
Proof:	60 minutes approx.
Baking temp.:	As Rye loaf. Steam at insertion into oven
Baking time:	55-60 minutes

Nutrient content per 100 g bread:

Energy :	1067 kJ (254 kcal)
Protein:	9 g
Carbonhydrate:	37.3 g
Fat:	7.6 g