



**CHALKIDIKI
FLOUR MILLS SA**



QUALITY CONTROL LABORATORY
traditional quality

Limnos baguettes with tomato



	Ingredients	Quantity
1	Flour Super Limnos	1000 g
2	Flour Limnos	1000 g
3	Basic Starter – natural sourdough	500 g
4	Yeast	50 g
5	Dried tomatoes	175 g
6	Water	1200 g

Nutrient content per 100 g bread:

Energy : 1040 kJ (250 kcal)
Protein: 7.5 g
Carbohydrate: 50 g
Fat: 2 g

PROCEDURE

Dough temperature: 25-27° C
Mixing time: 10 minutes slow + 2 minutes fast speed
Resting time: 30 minutes
Dough weight: 250 g
Preparation: Cut 30 cm long baguettes
Proof time: 45 min. Then cut on the top side 3 times with a sharp knife
Baking: 210° C with steam on insertion into oven
Baking time: 20-25 minutes