



**CHALKIDIKI
FLOUR MILLS SA**



QUALITY CONTROL LABORATORY
traditional quality

Rye Bread 70% *with Vollkorn Malzsauer*

	Ingredients	Quantity
1	Flour Durasoft	3000 g
2	Flour Rye t. 1150	6200 g
3	Vollkorn Malzsauer	800 g
4	Salt	200 g
5	Fresh yeast (or dry yeast)	125 g (50 g)
6	Water	7500-7800 g

PROCEDURE

Dough temperature: 28-30 °C
Mixing time: 5 minutes slow + 5 minutes fast speed
Resting time: 20-30 minutes
Dough weight: 450 g
Proof time: 40 minutes
Baking: 220°C with steam
Baking time: 30-35 minutes

NOTICE:

- The quantity of the water used in the procedure depends on the absorption of the flour.