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Fleur de seigle

basics

Fleur de Seigle flour captivates with its warm, slightly tangy flavor, typical of rustic breads. Thanks to its high fiber content and natural flavoring agents, it gives the bread an airy yet soft crumb, with a well-colored crust after baking.

FLOUR

Ingredients:	Wheat flour
Structure:	Fine powder
Allergens:	Cereals containing gluten (Rye)

NUTRITIONAL VALUE(PER 100 G)

Energy kcal:	333
Energy kJ:	1410
Fats:	1,0 g
Fibers:	6,5 g
Carbohydrates:	71,1 g
Proteins:	6,6 g

* The figures depend on the new harvest.

BREAD

Crumb:	Airy
Colour:	White

PACKAGING

25 kg

NOTES

The 'Basics' range consists of flours made from spelt and rye, possibly blended with wheat.

Main ingredients

FLEUR DE SEIGLE:	10 kg
Water*:	± 8,5 l
Yeast:	250 g
Salt:	170 g
Gluten (10%):	1 kg

Preparation

- Mix the flour, water, and yeast at speed 1.
- Then add the salt at speed 2.
- Optionally, add the fat at the end of kneading to achieve a finer structure and better shelf life.

Kneading

Fast kneading:	3'
Spiral:	1 ° speed 5'
	2 ° speed 5' - 6'
Diosna:	1 ° speed 5'
	2 ° speed 15'
Beater – Mixer	
	1 ° speed 3'
	2 ° speed 10'

Dough temperature: 26 °C - 28 °C



RECIPE

Proofing time

Bulk fermentation	1) 15' 2) 15'
Rest:	15'
Final proof:	45' - 60'
Proofing temperature:	32 °C - 34 °C
Relative humidity:	85 %

Baking

Baking temperature:	220 °C
Baking time:	45' - 50'

Notes

Depending on the desired volume and structure, the bulk fermentation can be skipped.

Adding 2% of a fat emulsion has a positive effect on the dough's softness and structure.

For specialty bread, add the necessary ingredients according to legal requirements.

*The ammount of water added depends on the new harvest.

