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Fleur d'épeautre

basics

Fleur d'Épeautre flour stands out for its delicately nutty flavor and excellent hydration capacity, allowing for a crumb that is both soft and airy. Its fine texture facilitates gentle kneading while ensuring a consistent structure and extended shelf life, especially if a small amount of fat is added at the end of mixing.

FLOUR		NUTRITIONAL VALUE(PER 100 G)	
Ingredients:	Spelt flour	Energy kcal:	335
Couleur:	White	Energy kJ:	1424
Allergens:	Cereals containing gluten (Spelt)	Fats:	1,1 g
		Fibers:	2,5g
		Carbohydrates:	70,6 g
		Proteins:	10,8 g

* The figures depend on the new harvest.

BREAD

Crumb: Uniform
Colour: Slightly creamy

PACKAGING

25 kg

NOTES

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



Main ingredients

FLEUR D'EPEAUTRE:	10 kg
Water*:	± 5,6 l
Yeast:	250 g
Salt:	170 g

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 4'
	2 ° speed 4'
Diosna:	1 ° speed 5'
	2 ° speed 10'
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:	75 % - 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 amount of water added depends on the new harvest.

