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# Flocons

basics

Flocons are part of the Basics flour range, whole wheat flours that retain all the elements of the grain. Naturally rich in protein, vitamins, and minerals, they offer the typical flavor of whole grain. These flakes must be soaked before use and can be used as is with the addition of gluten. They produce a coarse-textured, dark gray crumb, ideal for rustic and nutritious breads.

FLOUR		NUTRITIONAL VALUE (PER 100 G)	
Ingredients:	Wheat flakes	Energy kcal:	299
Structure:	Flattened wheat grains	Energy kJ:	1267
Absorbtion:	100 %	Carbohydrates:	58.3g
Allergens:	Cereals containing gluten (wheat)	Fat:	1.8g
		Protein (Nx6.25):	12.3g
		Dietary fiber:	12.2g

\* Figures depend on the new harvest.

## BREAD

Crumb: Rough structure  
Colour: Dark gray

## PACKAGING

20 kg



### Main ingredients

FLOCONS:	10 kg
Wheat gluten:	800 g à 1 kg
Water:	± 7,5 l
Yeast:	250 g
Salt:	170 g

### RECIPE

#### Preparation

- Soak the flour for a few hours in advance with ± 60% water. Mix the soaked flour with the rest of the water, gluten, and yeast on the first speed setting.
- Then add the salt on the second speed setting.
- If desired, add the fat at the end of kneading to obtain a finer texture and better preservation.

#### Kneading

Quick kneading	3'30"
Spiral	1st speed 9'
	2nd speed 6'
Diosna	1st speed 15'
	2nd speed 15'
Beater - Mixer	
	1st speed 15'
	2nd speed 15'
Dough temperature	26 °C - 28 °C

### 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

- The amount of gluten can be adjusted depending on the desired volume and structure.
- Adding 2% fat emulsion has a positive effect on flexibility and structure.
- For specialty bread, add the necessary ingredients in accordance with legal requirements.

\* The amount of water added depends on the new harvest.

