



Etna classics

ETNA flour is part of the Classics range of whole wheat or partially whole wheat flours. It is characterized by a medium-textured crumb and a dark color, ideal for authentic and flavorful breads. ETNA flour is suitable for all types of bread making, from traditional loaves to bagels and rolls.

FLOUR

Ingredients: Wheat flour, wheat bran, wheat gluten, malted wheat flour, enzymes (hemicellulases, alpha-amylase), antioxidant: ascorbic acid E300
Structure: 100% whole wheat flour
Allergens: Cereals containing gluten (wheat, malt)
May contain traces of soy and sesame

NUTRITIONAL VALUE (PER 100 G)

Energy kcal:	299
Energy kJ:	1269
Fat:	1,8g
Dietary fiber:	12,5g
Carbohydrates:	57,4g
Protein (Nx6.25)	13,2g

BREAD

Crumb: Medium structure
Colour: Dark

PACKAGING

25 kg



RECETTE

Main ingredients

ETNA	10 kg
Water*	± 6,7 l
Yeast	250 g
Salt	170 g

Preparation

- Mix the flour, water, and yeast on speed 1.
- Then add the salt on speed 2.
- If desired, add the fat at the end of kneading to obtain a finer texture and better preservation.

Kneading

Quick kneader		3'
Siprale	1° speed	4'
	2° speed	7'
Diosna	1° speed	5'
	2° speed	18'
Mixer - Blender		
	1° speed	5'
	2° speed	12'
Dough temperature		26 °C - 28 °C

* Figures depend on the new harvest.

NOTES

The 'Classics' flours are a range of whole wheat or partially whole wheat flours.

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'

Notes

- Depending on the desired volume and structure, bulk fermentation can be skipped.
- Adding 2% of a fat emulsion has a positive effect on dough elasticity and structure.
- For special bread, add the necessary ingredients according to legal requirements.

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

