



Version: 27.05.25

Tibet

classics

Tibet flour is part of the Classics range. It is a partially whole wheat flour, distinguished by its light crumb and characteristic brown color. Versatile, it can be used alone or mixed with other flours in the range to create authentic, balanced, and flavorful breads.

FLOUR

Ingredients:	Wheat flour, wheat bran, wheat gluten, toasted malt, emulsifiers E471 and E472e, malted wheat flour, enzymes: amylase (wheat), xylanase (wheat), lipase (wheat), ascorbic acid E300
Structure:	Powder with sounds
Allergens:	Cereals containing gluten (wheat, malt) May contain traces of soy and sesame

NUTRITIONAL VALUE (PER 100 G)

Energy kcal:	327
Energy kJ:	1382
Fat:	2.1g
Dietary fiber:	11.5g
Carbohydrates:	56.6g
Protein (Nx6.25):	14.7g

* Figures depend on the new harvest.

NOTES

The "Classics" flours are a range of whole wheat or partially whole wheat flours (100%, 75%, 51%, 25%).

BREAD

Crumb:	Lightweight
Colour:	Brown

PACKAGING

25 kg



RECIPE

Main ingredients

TIBET	10 kg
Water* (70%)	7 l
Yeast (2,5%)	250 g
Salt (1,7%)	170 g

Kneading

Siprale	1° speed	4'
	2° speed	7'
Diosna	1° speed	5'
	2° speed	12'

Dough temperature	26 °C - 27 °C
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Proofing time

Rest:	15'
Perform a fold	
2nd rest:	15'
Weigh and shape	
3rd rest:	15'

Shape or round (batard, square, or round)	
Final proof:	± 1 heure

Baking

Baking temperature:	220 °C
Baking time:	45'

*The addition of water depends on the new harvest.

