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Solestar

specials

Solestar flour is a healthy and balanced flour, naturally rich in fiber and low in fat. It is also an excellent source of protein, ideal for nutritious and light recipes. Versatile and easy to use, it can be used to make bread and pastries that are both tasty and good for your health.

FLOUR

Ingredients: Wheat flour, Sunflower seeds, Brown flax seeds, Sesame seeds, millet seeds, chia seeds, soy grits, wheat gluten, malted wheat flour, emulsifiers E471, E472e, E481, antioxidant: ascorbic acid E300, enzymes: amylase (wheat), hemicellulase (wheat)

Structure: Powder with seeds

Allergens: Cereals containing gluten (wheat, malt)
Soy and sesame

NUTRITIONAL VALUE (PER 100 G)

Energy kcal: 312
Energy kJ: 1305
Carbohydrates: 33.2g
Fat: 12,4g
Protein (Nx6.25): 14.1g
Dietary fiber: 8,4g

* Figures depend on the new harvest.

BREAD

Odour: Pleasant thanks to the seeds
Colour: White, enriched with seeds
Crumb: A light, even crumb



PACKAGING

25 kg

RECIPE

Main ingredients

SOLESTAR	1kg
Water*	0.54l
Yeast	25g
Salt	17g

Kneading

Spirale:	1° speed	3'
	2° speed	5'
Dough temperature	26 °C - 27 °C	

Temps de repos et de levage

Bulk fermentation	20'
Weigh	720g
Round	
2nd rest	15'
Round and place on the baking trays	
Final proof	±50'
Score before baking	

Cuisson

Température de cuisson:	220 °C
Temps de cuisson:	± 35'

Main ingredients

SOLESTAR	5kg
Water*	±2.7l
Yeast	250g
Salt	85g
Improver for spray guns	150g

Kneading

Spirale:	1° speed	4'
	2° speed	5'
Diosna:	1° speed	6'
	2° speed	8'
Dough temperature	25°C	

Temps de repos et de levage

Bulk fermentation	15'
Weigh	1.8kg/30 pcs
Round	
2nd rest	15'
Portion and place on a tray or floured mat	
Final proof	±50'

Cuisson

Température de cuisson:	220 °C
Temps de cuisson:	± 18'

Main ingredients

SOLESTAR	5kg
Water*	±2.7l
Yeast	125g
Salt	85g

Kneading

Spirale:	1° speed	4'
	2° speed	5'
Diosna:	1° speed	6'
	2° speed	8'
Dough temperature	24°C - 25°C	

Temps de repos et de levage

Bulk fermentation	20'
Weigh	350g
Shape/Stretch	
2nd rest	20'
Shape/Stretch and let rest in baking nets or between couche cloths	
Final proof	±50'

Rotary oven: score and bake
Deck oven: place the proofed baguettes between couche cloths on baking boards and score before baking

Cuisson

Baking temperature:	230 °C
Baking time:	± 23'

* The addition of water depends on the new harvest.