



Premium Fitness-Kruste



Oats have the highest proportion of protein among all types of grain and have an extremely high vitamin B 1 content. In our Premium Fitness-Kruste additional ingredients of linseed, pumpkin seeds, carrots, pieces of apple and wholemeal spelt flour ensure a grainy bite. The taste is enhanced by the use of delicious fragrant honey. Dry and plastic dough ensures machinability.



Recipe suggestion:

Fitness bread

Basic recipe

Wheat flour	5,000 kg	_____
Premium Fitness-Kruste	5,000 kg	_____
Yeast	0,350 kg	_____
Water	approx. 6,000 l	_____

Dough weight **16,350 kg**

Kneading time:

Approx. 3 min. slow and 7 min. fast speed.

Temperature:

The ideal dough temperature is between 25 - 26 °C.

Dough resting:

Approx. 20 min.

Preparation:

Divide dough into pieces of 0,450 kg each. After moulding allow to rest for several minutes, then form into long shaped loaves, brush surface with water and roll either in **Premium Décor-Royal-Star** or **Premium Décor-Royal-Select**.

Proofing time:

Approx. 45 min. at 34 °C and 75 % humidity.

Baking process:

When $\frac{3}{4}$ of proofing time has elapsed, take the bread out of the proofing chamber and allow a short stabilization period. Score as desired and place the prepared trays into the oven. Set at approx. 230 °C with a medium steam setting. After 5 min. reduce the temperature to approx. 180 °C. Approx. 10 min. before full baking time, open the damper and allow to bake to a crispy brown.

Baking time:

Total baking time approx. 25 – 30 min.