

L'amourette

CONCENTRATE FOR
ARTISAN FRENCH-STYLE BREAD



- RUSTIC, CRISP CRUST
- COARSE, LIGHT CRUMB TEXTURE
- AROMATIC SMELL





RECIPE FOR PRETZELS

Wheat flour	8.700 kg
L'AMOURETTE	1.000 kg
REX BAVARIAN DARK	0.300 kg
Butter	0.400 kg
Shortening	0.200 kg
Instant yeast	0.150 kg
Water, approx.	5.250 l
Total weight	16.000 kg

Mixing time: 2 + 7 minutes

Dough temperature: 24 - 25° C

Bulk fermentation time: none

Scaling weight: 1.100 - 1.400 kg/30 pieces

Intermediate proof: 10 minutes

Instructions for use: After forming the pretzels, place on oiled silicon paper and prove. Allow the dough pieces to dry and store them in the fridge until firm. Then dip into lye, place on oiled silicon paper, cut on top and sprinkle with a little rock salt.

Lye: Boil 1 litre water and mix with 30 - 40 g sodium hydroxide (NaOH). The lye can be used several times.

Use gloves and glasses while working with the lye. Mark the lye "POISONOUS", "DON'T DRINK", "HANDLE WITH CARE"!

Final proof: approx. 30 minutes

Baking temperature: 230° C, with open damper

Baking time: approx. 20 minutes

RECIPE FOR PAIN DE CAMPAGNE

Wheat flour	9.000 kg
L'AMOURETTE	1.000 kg
REX BAVARIAN DARK	1.000 kg
IREKS-WHEAT SOUR	0.250 kg
Instant yeast	0.125 kg
Water, approx.	7.500 l
Total weight	18.875 kg

Mixing time: 3 + 6 minutes

Dough temperature: 26 - 27° C

Bulk fermentation time: 10 - 20 minutes

Scaling weight: 0.600 kg

Intermediate proof: 20 - 30 minutes

Instructions for use: After the bulk fermentation time, scale the dough into pieces, mould slightly round and allow to prove. Then mould long with pointed ends. For the final fermentation, wrap the moulded dough pieces in dusted cloths. Turn the dough pieces before loading and cut diagonally. Bake, giving steam. Open the damper 15 minutes before the end of the baking time.

Final proof: 40 - 50 minutes

Baking temperature: 230° C, dropping to 190° C, giving steam

Baking time: 40 - 45 minutes

Open the damper 15 minutes before the end of the baking time.

RECIPE FOR PREMIUM BAGUETTES

Wheat flour	10.000 kg
L'AMOURETTE	1.000 kg
Instant yeast	0.100 kg
Water, approx.	7.000 l
Total weight	18.100 kg

Mixing time: 8 + 4 minutes

Dough temperature: 25 - 27° C

Bulk fermentation time: 10 - 20 minutes

Scaling weight: 0.300 kg

Intermediate proof: 30 minutes

Processing: baguettes

Final proof: 60 - 70 minutes

Baking temperature: 230° C, dropping to 190° C, giving steam

Baking time: 25 - 30 minutes

