

L'amourette

CONCENTRATE FOR
ARTISAN FRENCH BREAD

- ◆ Rustic, crisp crust
- ◆ Coarse, light crumb texture
- ◆ Aromatic smell



IREKS

Recipe for Pain de Campagne:

Wheat flour	9.000 kg
REX BAVARIAN DARK	1.000 kg
L'AMOURETTE	1.000 kg
Instant yeast	0.125 kg
Water, approx.	7.000 l
Total weight	18.125 kg

Mixing time:	spiral: 3 mins slow, 6 mins fast
Dough temperature:	26 - 27° C
Bulk fermentation time:	none
Scaling weight:	300 g
Final proof:	40 - 60 mins
Initial baking temperature:	230° C, giving steam. Open damper 15 mins before the end of the baking time.

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Baking time: approx. 30 mins

Instructions for use:

Scale dough pieces of 300 g, mould slightly round and allow to prove for 20 mins. 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.

Recipe for Premium Baguettes:

Wheat flour	10.000 kg
L'AMOURETTE	1.000 kg
Instant yeast	0.100 kg
Water, approx.	6.800 l
Total weight	17.900 kg

Mixing time:	spiral: 4 mins slow, 6 mins fast
Dough temperature:	25 - 27° C
Bulk fermentation time:	none
Scaling weight:	250 - 300 g
Intermediate proof:	30 mins
Final proof:	approx. 90 mins
Baking temperature:	10° C below the baking temperature for rolls (give sufficient steam prior to baking and slight steam at the beginning of the baking process)

Baking time:

28 - 30 mins

Instructions for use:

After the mixing time, scale pieces of 250 - 300 g and allow to prove. Then work off as usual.

Recipe for Pretzels:

Wheat flour	9.500 kg
L'AMOURETTE	1.000 kg
REX BAVARIAN DARK	0.500 kg
Instant yeast	0.150 kg
Butter	0.400 kg
Shortening	0.200 kg
Water, approx.	5.700 l
Total weight	17.450 kg

Mixing time:	spiral: 2 mins slow, 7 mins fast
Dough temperature:	24 - 25° C
Bulk fermentation time:	none
Scaling weight:	2,100 g (30 pieces)
Intermediate proof:	10 mins
Final proof:	approx. 30 mins
Baking temperature:	230° C, with damper open
Baking time:	approx. 20 mins

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".



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