

ARTIPAN 6 GRAINS

Our **6-grain flour** is a mixture of wheat flour and completely milled spelt, rye, oats, barley and corn.

Recipe

Dough composition	6 grains
Artipan 6 grains	1000 g
Water	560 g
Salt	20 g
Yeast	20 g



Working Method

Kneading	6 grains
Type spiral	2 min. slow, 7 min. fast

Dough temperature	25-26 °C
First proof	± 25 min.
Divide and round	
Intermediate proof	± 20 min.
Making	
Final proof	± 60 min.
Baking	± 45 min./235 °C