

ARTIPAN BIGNOU

Bignou is a ready-to-use flour for preparing peasant bread with a long proof.

Bignou gets its exceptional taste from the fermented rye flour and from the secondary aromas that can develop slowly in the dough.



Recipe

Dough composition	Bignou
Artipan Bignou	1000 g
Water	780-800 g
Salt	20 g
Yeast	10-15 g

Working Method

Kneading	Bignou
Type spiral	3 min. slow, 10 min. fast

Dough temperature	26-28 °C
Proofing scheme	1st proof 60 min. push out air 2nd proof 60 min. push out air 3rd proof 60 min. push out air
Putting in the oven	cut the dough pieces into ± 350- 500 g after the 3rd proof and put them in the oven.
Baking	40-50 min./240° C according to the weight, steam gently