

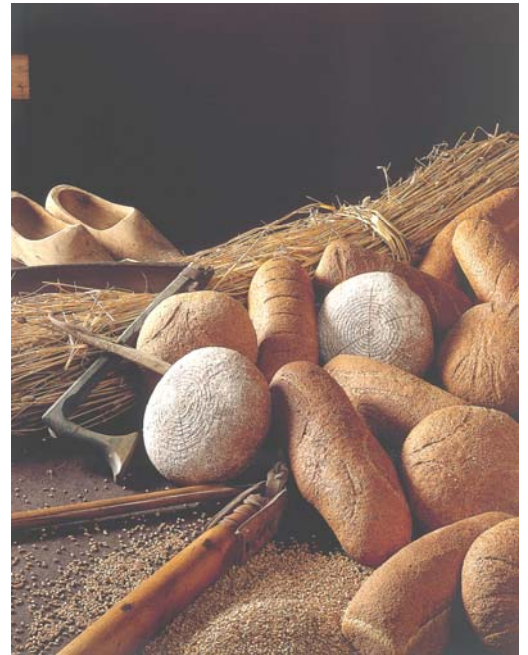
ARTIPAN COMPLETA

Artipan Completa is a wholemeal flour milled from carefully selected high-quality wheat mixtures.

Artipan Completa guarantees a really beautiful wholemeal bread, without adding any improver or reinforcing agent.

Recipe

Dough composition	Completa
Artipan Completa	1000 g
Water	± 630 g
Salt	20 g
Yeast	20-25 g



Working Method

Kneading	Completa
Type spiral	2 min. slow, 8 min. fast

Dough temperature	26 °C
First proof	± 15 min.
Dough rest	± 20 min.
Final proof	± 50 min.
Baking	± 45 min./240 °C for a 800 g bread