

ARTIPAN FLANDRIEN

Artipan Flandrien is a ready-made flour preparation for special Flandrien bread. This bread is rich in vitamins and minerals (calcium, iron, iodine). It is put together with special attention for a healthy sports diet. Flandrien bread is therefore a multi-grain bread with a pleasant, gentle aroma.



Recipe

Dough composition	Flandrien
Artipan Flandrien	1000 g
Water	580-600 g
Yeast	20-25 g

Contains salt

Working Method

Kneading	Flandrien
Type spiral	2 min. slow, 6-9 min. fast

Dough temperature	25-26 °C
First proof	10-15 min.
Intermediate proof	± 20 min.
Final proof	± 70 min.
Baking with steam	± 45 min./235 °C