

# ARTIPAN FROMENTA

**Artipan Fromenta** is a 50 % premix for the preparation of light multi-grain bread.

**Artipan Fromenta** is a rich mixture with sunflower seeds, corn grit, soya flakes, millet seeds and oat flakes. The high level of dietary fibre is particularly interesting for the consumer. The dough requires that lots of water is added (62 to 64 %) which is very beneficial for keeping the bread fresh.

## Recipe

Dough composition	Per kg Artipan
Artipan Fromenta	500 g
Flour	500 g
Water	620-640 g
Yeast	25 g

Contains salt



## Working Method

Kneading	Fromenta
Type spiral	2 min. slow, 6-8 min. fast

Dough temperature	25 °C
First proof	25 min.
Intermediate proof	20 min.
Final proof	70 min.
Baking	45 min./240 °C