

ARTIPAN RUSTICAL

Ready-to-use wholemeal flour for making dark rye bread, rich in dietary fibre.

A high level of water absorption ensures maximum performance and freshness.

Recipe

Dough composition	Rustical
Artipan Rustical	1000 g
Water	700 g
Salt	20 g
Yeast	20 g



Working Method

Kneading	Rustical
Type spiral	3 min. slow, 5 min. fast

Dough temperature	± 26-28 °C
First proof	± 30 min.
Divide and round	
Final proof	± 60 min.
Baking	± 45 min./235° C

Steam while putting in the oven
(moderately when the dough parts are powdered).