

# ARTIPAN SILHOUET

A mixture of wheat and rye with 100% full-grain character, very rich in dietary fibre and thus suitable for a slimming diet. The fully defined taste of the wheat and rye mixture is strengthened even further by the presence of fermented ryeflour in the mixture.

## Recipe

| Dough composition | Silhouet |
|-------------------|----------|
| Artipan Silhouet  | 1000 g   |
| Water             | ± 630 g  |
| Salt              | 20 g     |
| Yeast             | 30 g     |



## Working Method

| Kneading    | Silhouet                    |
|-------------|-----------------------------|
| Type spiral | 5 min. slow, 8-10 min. fast |

|                    |                  |
|--------------------|------------------|
| Dough temperature  | ± 26 °C          |
| First proof        | ± 10-15 min.     |
| Divide and round   |                  |
| Intermediate proof | ± 20 min.        |
| Making             |                  |
| Final proof        | ± 50 min.        |
| Baking             | ± 50 min./230 °C |