

# ARTIPAN WHITE FIBRES

White Fibres is a ready-to-use mix for the amateur of white bread. White Fibres is a unique and healthy bread that looks like and tastes like white ordinary bread, but with the healthy effects of a wholemeal bread. White Fibres is enriched with natural dietary fibres, vitamins, minerals and wheatgerms. This bread also contains 'Beneo®', the natural dietary fibre 'inuline' which stimulates digestion and development of our good bifidus bacteria.

## Recipe

Dough composition	White fibres
Artipan White fibres	1000 g
Water	580-600 g
Yeast	20 g
Salt	20 g



## Working Method

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

Dough temperature	25-26 °C
First proof	25 min.
Intermediate proof	± 20 min.
Final proof	60-70 min.
Baking with steam	± 40-45 min./235 °C

Remark : White fibres gives a faster colouring of the crust