

# ARTIPAN BRAN

A mixture characterised by its high level of bran (1/3 on top of the flour). Ensures a fast and simple preparation of bran bread; a type of bread that is strongly recommended in a more balanced diet for its stimulating and purifying effect on the intestines.

## Recipe

Dough composition	Bran
Artipan Bran	1000 g
Water	730 g
Salt	20 g
Yeast	30 g



## Working Method

Kneading	Bran
Type spiral	5 min. slow, 10 min. fast

Dough temperature	25-26 °C
First proof	± 20 min.
Divide and round	
Intermediate proof	± 15 min.
Making	
Final proof	± 50 min.
Baking	± 60 min./235 °C

A longer baking time is necessary to bake the bread.