

KOMPLET ProBody 100

PREMIX FOR THE PREPARATION OF A BREAD RICH IN PROTEINS WITH WHOLE GRAIN DERIVATES AND SEEDS.

THE PREMIX CONTAINS (APPROXIMATIVE VALUES):
23 % PROTEINS,
6 % CARBOHYDRATES AND
9,9 % FIBRE.



Bake the best with something good!



KOMPLET ProBody 100

PREMIX FOR THE PREPARATION OF A BREAD RICH IN PROTEINS
WITH WHOLE GRAIN DERIVATES AND SEEDS.

ProBody Bread

KOMPLET ProBody 100	10,000 kg
Fresh yeast (dried yeast 0,100 kg)	0,300 kg
Water	approx. 8,600 kg
Total weight	approx. 18,900 kg

Yield: 43 loaves of 400 g each

Method:

Prepare a dough with all ingredients and allow to rest.

Mixing time:

Spiral mixer: 2 minutes on slow +
13 - 18 minutes on fast speed
(The dough must clear the sides of the mixing bowl).

Dough temperature: 26 °C

Dough resting time: 20 minutes

After resting the dough, scale the pieces, shape round and work off as desired.

Moisten the surface and roll into a mixture of mixed seeds, place into greased moulds or tins and leave to prove.

Scaling weight: 0,430 kg

Proving time: 50 minutes at 30 °C and
70% rel. humidity.

After the proving time, bake with steam. After three minutes, pull damper for five minutes.

Baking temperature: 230 °C falling to 200 °C

Baking time: 70 minutes



MASTER TIP:

THE MIXING TIME IMPACTS THE VOLUME OF THE BREAD AND SHOULD BE ADAPTED INDIVIDUALLY ACCORDING TO KNEADING SYSTEM AND DOUGH WEIGHT. ANY ADDITION TO THE MIXING TIME RESULTS IN AN INCREASE OF THE VOLUME, ANY REDUCTION WILL RESULT IN A SMALLER VOLUME.

FOR AN OPTIMAL RESULT THE BAKING TIME SHOULD BE OBSERVED.

NOTE: THE BREAD IS ALSO TASTY WHEN TOASTED!

NUTRITIONAL INFORMATION:

PROBODY IS A PREMIX FOR A TASTY BREAD RICH IN PROTEINS, WITH EXCEPTIONAL SHELF LIFE.

IT CONSISTS TO

- 7 % OF WHOLE GRAIN COMPONENTS AND
 - APPROX. 22 % OF SEED COMPONENTS.
- (7 % OF THE INGREDIENTS COME FROM WHOLE GRAIN, 22 % FROM SEED COMPONENTS).

THE PREMIX CONTAINS (APPROXIMATIVE VALUES):

- 21 % PROTEINS,
- 6 % CARBOHYDRATES AND
- 11,8 % FIBRE.

Bake the best with something good!



Abel + Schäfer Völklingen

Schloßstraße 8-12 · 66333 Völklingen

Tel.: 0 68 98 / 97 26 - 0 · Fax: 0 68 98 / 97 26 - 97

export@komplet.com · www.komplet.com