

# KOMPLET Gluten- and Lactose-Free Flour

FOR THE PREPARATION OF GLUTEN- AND LACTOSE-FREE BREADS, ROLLS, COOKIES, CAKES, PASTA AND MORE



*Bake the best with something good!*



# Gluten- and Lactose-free White Bread



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Water	1,100 kg
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Total weight	2,290 kg
Yield	4 pieces

### Process:

Make the dough with all the ingredients (using a flat beater).

#### MASTER TIP:

IF YOU REQUIRE A BREAD WITH A HIGHER VOLUME,  
ADD 4 EGGS PER KG KOMPLET GLUTEN- AND  
LACTOSE-FREE FLOUR.

<b>Mixing time:</b>	approx. 3 minutes on first speed approx. 3 minutes on medium speed
<b>Dough temperature:</b>	approx. 30 °C
<b>Scaling weight:</b>	570 g dough pieces (tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale at 570 g and place the dough with wet hands into the baking tins.

<b>Proving time:</b>	approx. 40 minutes (35 °C and 75 % humidity)
<b>Baking temperature:</b>	approx. 230 °C, falling to 200 °C
<b>Baking time:</b>	45 minutes (bake with steam)

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# Gluten- and Lactose-free Bread with Sunflower Seed



## Recipe

<b>Roasted Sunflower Seeds</b>	0,400 kg
Water	0,100 kg

Mix the Water with the Sunflower Seeds, and let rest for approx. 30 minutes

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Soaked Sunflower Seeds (see above)	0,500 kg
Water	1,100 kg

Total weight 2,790 kg

Yield 4 pieces

### Process:

Make the dough with all the ingredients (using a flat beater)

**Mixing time:** approx. 3 minutes on first speed  
approx. 3 minutes on medium speed

**Dough temperature:** approx. 30 °C  
**Scaling weight:** 600 g dough pieces  
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale 600 g and place the dough with wet hands into the baking tins. Sprinkle the surface with Sunflower Seeds.

**Proving time:** approx. 40 minutes  
(35 °C and 75 % humidity)

**Baking temperature:** approx. 230 °C,  
falling to 200 °C

**Baking time:** 45 minutes (bake with steam)

### MASTER TIP:

IF YOU REQUIRE A BREAD WITH A HIGHER VOLUME,  
ADD 4 EGGS PER KG KOMPLET GLUTEN- AND  
LACTOSE-FREE FLOUR.



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# Gluten- and Lactose-free White Bread with Chili and Bell Pepper



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Fresh Chili	0,030 kg
Red Bell Pepper	0,300 kg
Water	1,000 kg

Total weight	2,620 kg
Yield	4 pieces

### Process:

Make the dough with all the ingredients (using a flat beater)

### Mixing time:

approx. 3 minutes on first speed  
approx. 3 minutes on medium speed

**Dough temperature:** approx. 30 °C  
**Scaling weight:** 600 g dough pieces  
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale at 600 g and place the dough with wet hands into the baking tins.

**Proving time:** approx. 40 minutes  
(35 °C and 75 % humidity)

**Baking temperature:** approx. 230 °C,  
falling to 200 °C

**Baking time:** 45 minutes (bake with steam)

### MASTER TIP:

IF YOU REQUIRE A BREAD WITH A HIGHER VOLUME,  
ADD 4 EGGS PER KG KOMPLET GLUTEN- AND  
LACTOSE-FREE FLOUR.



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# Gluten-free Brioche-style Bread



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	0,300 kg
Butter, liquid	0,200 kg
Sugar	0,150 kg
Fresh Yeast /Dry Yeast	0,080 kg / 0,030 kg
Salt	0,010 kg
Water	0,700 kg

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Total weight 2,440 kg

Yield 4 pieces

### Process:

Make the dough with all the ingredients (using a flat beater).

**Mixing time:** approx. 3 minutes on first speed  
approx. 3 minutes on medium speed

**Dough temperature:** approx. 30 °C  
**Scaling weight:** 570 g dough pieces  
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale 570 g and place the dough with wet hands into the baking tins.

**Proving time:** approx. 40 minutes  
(35 °C and 75 % humidity)

**Baking temperature:** approx. 230 °C,  
falling to 200 °C

**Baking time:** 45 minutes (bake with steam)

## Variations:

### Chocolate Brioche-style bread

After mixing, add to the above dough quantity:  
400 g Chocolate Drops

### Brioche-style bread with raisins

After mixing, add to the above dough quantity:  
400 g soaked raisins



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# Gluten- and Lactose-free Pizza



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Water	1,100 kg
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Total weight	2,290 kg
Yield	11 pieces

### Process:

Make the dough with all the ingredients (using a flat beater)

### Mixing time:

approx. 3 minutes on first speed  
approx. 3 minutes on medium speed

**Dough temperature:** approx. 30 °C

**Scaling weight:** 200 g

Do not rest the dough! Scale at 200 g and shape the dough with wet hands in round pieces like a pizza Ø 28 cm. Pre- bake it before topping!

**Proving time:** approx. 25 minutes  
(35 °C and 75 % humidity)

**Baking temperature:** approx. 230 °C,  
falling to 200 °C

**Baking time:** 20 minutes (bake with steam)

### MASTER TIP:

IF YOU REQUIRE A BREAD WITH A HIGHER VOLUME,  
ADD 4 EGGS PER KG KOMPLET GLUTEN- AND  
LACTOSE-FREE FLOUR.



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# Gluten- and Lactose-free Fruit Cake



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	0,750 kg
Sugar	0,900 kg
Vegetable Oil	0,750 kg
Gluten-free Baking Powder	0,030 kg
Salt	0,010 kg

Total weight 3,440 kg

Yield 2 trays 60 x 20 cm

### Process:

Make a batter with all the ingredients (using a flat beater, 3 minutes on medium speed).

**Scaling weight:** 1700 g batter  
(trays of 60 / 20)

Use any kind of tin fruits, like apricot or cherries, for topping and bake.

**Baking time:** approx. 45 minutes

**Baking temperature:** approx. 180 °C

After baking dust with powder sugar or spread with apricot jam.

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# Gluten-free Banana Cake



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	0,750 kg
Vegetable Oil	0,600 kg
Sugar	1,200 kg
Bananas, ripe	1,350 kg
Milk	0,600 kg
Cinnamon powder	0,010 kg
Gluten-free Baking Powder	0,050 kg
<b>Total weight</b>	<b>5,560 kg</b>
<b>Yield</b>	<b>8 pieces</b>

### Process:

Mix the bananas, sugar, salt and cinnamon with wired whisk on medium speed. Then give the eggs and the oil into the bowl and beat for 2 minutes. At the end of this process, mix the milk, gluten-free flour and baking powder into the batter.

**Scaling weight:** 630 g batter  
(tins of 19 cm x 8 cm x 7 cm)

Scale 630 g and place the batter with wet hands and a scraper into the baking tins.

Cut with an oiled scraper lengthwise.

**Baking time:** approx. 55 minutes

**Baking temperature:** approx. 180 °C

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# Gluten-free Muffins



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	0,450 kg
Butter	0,420 kg
Sugar	0,900 kg
Gluten-free Baking Powder	0,030 kg
Milk	0,420 kg
Salt	0,010 kg
Vanilla Flavour	0,005 kg
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Total weight	3,235 kg
Yield	40 pieces

### Process:

Mix the butter (ambient temperature), sugar, salt and vanilla with wired whisk on medium speed. Then give the eggs cautiously one by one into the bowl. At the end of this process, incorporate carefully the gluten-free flour and the baking powder into the batter.

<b>Scaling weight:</b>	approx. 80 g for Vanilla Muffins
<b>Baking time:</b>	approx. 20 minutes
<b>Baking temperature:</b>	approx. 180 °C

## Variations:

### Blueberry Muffins

add 180 g blueberries per 1,000 kg batter.

### Chocolate Muffins

add 200 g chocolate drops per 1,000 kg batter.

### Apple Muffins

add 200 g chopped, fresh apples per 1,000 kg batter.

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# Gluten-free Vanilla Pound Cake



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	0,900 kg
Butter	0,900 kg
Sugar	0,900 kg
Vanilla Flavour	0,020 kg
Gluten-free Baking Powder	0,030 kg
Salt	0,010 kg
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Total weight	3,760 kg
Yield	6 pieces

### Process:

Mix the butter (ambient temperature), the sugar the salt and the vanilla with wired whisk on medium speed.

Then give the eggs cautiously one by one into the bowl. Blend the flour with the baking powder, incorporate carefully the gluten-free flour and the baking powder into the batter.

**Scaling weight:** 600 g batter  
(tins of 19 cm x 8 cm x 7 cm)

Scale at 600 g and place the batter with wet hands and a scraper into the baking tins.  
Cut with an oiled scraper lengthwise.

**Baking time:** approx. 55 minutes

**Baking temperature:** approx. 180 °C

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# Gluten-free Chocolate Cake



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	0,900 kg
Butter	0,900 kg
Sugar	1,000 kg
Vanilla Flavour	0,005 kg
Cocoa	0,150 kg
Milk	0,200 kg
Gluten-free Baking Powder	0,030 kg
Salt	0,010 kg
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Total weight	4,195 kg
Yield	6 pieces

### Process:

Mix the butter (ambient temperature), sugar, cocoa, salt, milk and vanilla with wired whisk on medium speed. Then give the eggs cautiously one by one into the bowl. Blend the flour with the baking powder, incorporate carefully gluten-free flour and baking powder into the batter.

**Scaling weight:** 630 g batter  
(tins of 19 cm x 8 cm x 7 cm)

Scale at 630 g and place the batter with wet hands and a scraper into the baking tins.  
Cut with an oiled scraper lengthwise.

**Baking time:** approx. 55 minutes

**Baking temperature:** approx. 180 °C

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# Gluten-free Waffles



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	0,400 kg
Butter, soft	0,300 kg
Sugar	0,250 kg
Milk	1,400 kg
Salt	0,020 kg
Vanilla	0,020 kg
Gluten-free Baking Powder	0,060 kg
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Total weight	3,450 kg
Yield	17 pieces

### Process:

Mix at first butter, eggs, milk, sugar, salt and vanilla together; use a flat batter, 3 minutes on medium speed.

Add the gluten-free flour and the baking powder, mix for another 3 minutes.

### Scaling weight:

200 g batter,  
use a pipe and fill the iron  
(2 half waffles)

### Baking time:

approx. 4 minutes

### Baking temperature:

approx. 220 °C

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# Gluten-free "American-style" Cookies



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	0,200 kg
Butter	0,500 kg
Sugar	1,000 kg
Salt	0,010 kg
Chocolate Drops	0,400 kg
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Total weight	3,110 kg
Yield	60 pieces

### Process:

Prepare the dough with all ingredients, using a flat beater.

**Mixing time:** approx. 3 minutes on first speed  
approx. 3 minutes on medium speed

Make up the dough directly after mixing! Use an ice cream scoop and deposit cookies like usual. You can also roll the dough into a sausage and cut off small slices.

**Baking time:** approx. 15 minutes  
**Baking temperature:** approx. 200 °C

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# Gluten-free Pancakes



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	1,500 kg
Sugar	0,200 kg
Milk	2,000 kg
Salt	0,040 kg
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Total weight	4,770 kg

### Process:

Mix all ingredients together, use the flat beater for 3 minutes on medium speed.

Bake in a frying pan as usual.

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# Gluten-free Mini Sacher Cake



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Eggs	1,100 kg
Butter	1,000 kg
Sugar	1,000 kg
Vanilla Flavour	0,005 kg
Chocolate, melted	1,000 kg
Gluten-free Baking Powder	0,030 kg
Salt	0,010 kg
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Total weight	5,145 kg
Yield	34 pieces

### Process:

Mix the butter (ambient temperature), sugar, salt and vanilla with wired whisk on medium speed. Then give the eggs cautiously one by one into the bowl. At the end of this process, incorporate carefully gluten-free flour and baking powder into the batter.

Pipe the batter (150 g) into a 10 cm ø round shape onto the baking tray and bake.

**Baking time:** approx. 15 minutes

**Baking temperature:** approx. 180 °C

After baking make up like a regular Sacher Cake.

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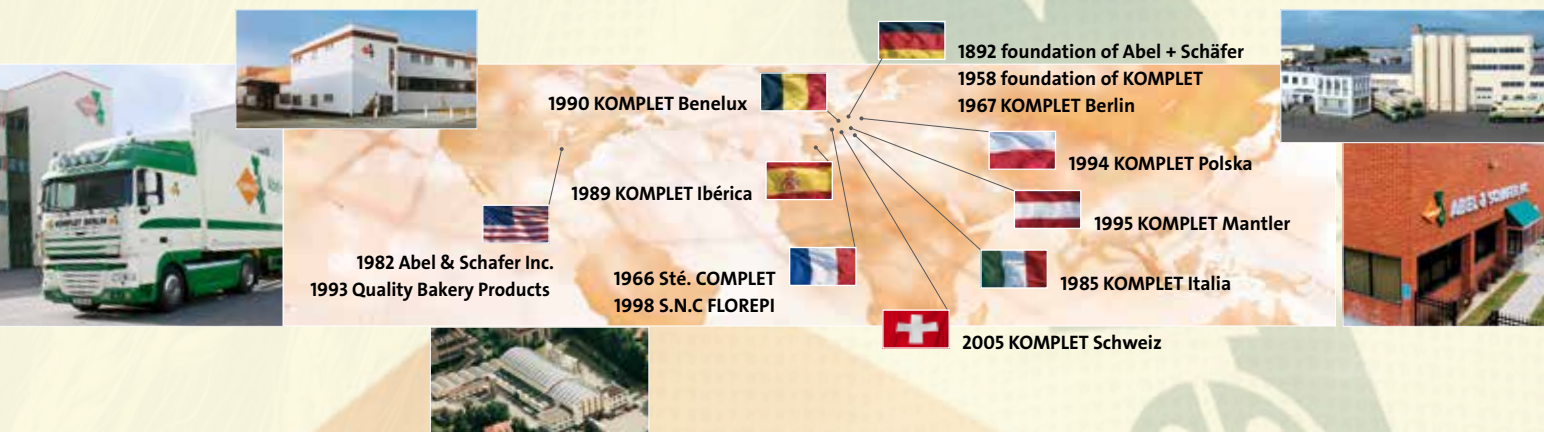


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