

PAIN 7 CÉRÉALES

Balanced mix for the making of cereals and seeds bread



PRODUCT ADVANTAGES

> A mild bread:

- A supple, yellow crumb.
- A soft and subtle flavour.

> The product with the highest cereal content in the range:

- 92.5% of cereals and 7% of seeds in the mix.
- 7 cereals (soft wheat, durum wheat, spelt, barley, oats, rice, and rye).
- 2 seeds (yellow flax, sunflower).

> A source of protein and fibre.



TIPS

- Goes very well with meat, cheese, and raw vegetables.
- Ideal for an indulgent snack at breakfast or for afternoon treat.

simplifiez votre quotidien

Moul-Bie



PAIN 7 CÉRÉALES



1 000 g

Pain 7 Céréales



630 g (+/- 20 g)

Water



18 g

Salt



30 g

Yeast



5 + 7 min.

52°C



5 + 14 min.

52°C



25°C

Dough temperature



350 g

Weight



15 + 15 min.

Bulk fermentation
+ Resting



60 min.

Proving



25 to 30 min.

240°C (+/- 20°C)

Steam injection: identical quantity as french white baguette.
Open door to let steam escape at end of baking.

Retarder proving

Base temperature: 50°C - Water: 620 g (+/- 20 g) - Yeast: 20 g - Moul-Bie Lissor Tempo or Lissor Salto: 10 g - Block at 4°C - To return to room temperature: 3 h at 18°C.

All times stated must be adapted depending on the equipment used.

Ingredients

Wheat flour - Durum wheat semolina - Yellow flax seeds - Sunflower seeds - Wheat gluten - Oatmeal - Barley flour - Rice flour - Spelt flour - Deactivated and dehydrated rye sourdough - Rye flour - Flour treatment agent: E300 - Enzymes* (Xylanase - α -amylase - Cellulase).
Cereals: 92,5%

*The enzymes are processing aids which are not declared on the labels of final products.

May contain egg, milk, soya and sesame seeds.

Nutrition declaration

per 100 g of mix

Energy (kJ)	1 490
Energy (kcal)	353
Fat (g)	4,6
of which saturates (g)	0,6
Carbohydrate (g)	62,7
of which sugars (g)	0,9
of which starch (g)	61,8
Fibre (g)	5,9
Protein (g)	12,2
Salt (g)	0,02



TOGETHER FOR
TASTE