

# PAIN AU SON

A well-balanced mix for making bran bread



## PRODUCT ADVANTAGES

› **Bread with an intense taste of wheat bran:**

- 18% of wheat bran in the mix.

› **A recipe that meets your needs:**

- Good hydration rates (73%).
- Good shelf-life.
- Good volume.

› **A source of protein and high in fibre.**

- It is, therefore, particularly recommended for consumers looking for products with a beneficial nutritional profile (64% of bread consumers\*).

\*Source U&A pain - TNS SOFRES for Grands Moulins de Paris - October 2013.



## TIPS

- Don't hesitate to bake it in a mould for a more premium appearance.
- Ideal for serving with salads, cold cuts, and raw vegetables.

simplifiez votre quotidien

Moul-Bie



# PAIN AU SON



1 000 g

Pain au Son



730 g (+/- 20 g)

Water



18 g

Salt



40 g

Yeast



5 + 7 min.

52°C



5 + 14 min.

54°C



25°C

Dough temperature



400 g

Weight



15 + 15 min.

Bulk fermentation  
+ resting



50 min.

Proving



40 to 45 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: 52°C - Water: 720 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 hours at 18°C

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

## Ingredients

**Wheat** flour - **Wheat** bran 18% - **Wheat** gluten - **Barley** malt -  
Emulsifier: E471 - Flour treatment agent: E300 -  
Enzymes\* (α-amylase - Xylanase - Cellulase).

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

May contain soya, sesame seeds, milk and egg.

## Nutrition declaration

per 100 g of mix

Energy (kJ)	1 385
Energy (kcal)	328
Fat (g)	2,1
of which saturates (g)	0,5
Carbohydrate (g)	58,6
of which sugars (g)	1,2
of which starch (g)	57,4
Fibre (g)	11,3
Protein (g)	12,9
Salt (g)	0,08



TOGETHER FOR  
TASTE