



CAMPAILLOU CAMPAGRAIN

Balanced mix for the making of cereals and seeds bread



— PRODUCT ADVANTAGES —

› A must-have cereals and seeds bread:

- Acidic aftertaste.
- Brown crumb.
- A golden, crunchy crust sprinkled with poppy seeds.

› 85,5% of cereals and 14% of seeds in the mix:

- 4 cereals (wheat, rye, oat, barley).
- 4 seeds (sesame, sunflower, brown flax, yellow flax).

› Source of protein and source of fibre.



TIPS

- For an even more distinctive and appetising product, we recommend that you add a poppy seeds topping.
- You can also mould it in a basket, for a more premium appearance.
- Ideal with every course: with a salad starter, with a meat-based main course, and with cheese at the end of a meal.

simplifiez votre quotidien

Moul-Bie





CAMPAILLOU CAMPAGRAIN

Method	Direct proving	Retarder proving and Slow proving	Cold bulk fermentation 24/48/72 h
Ingredients			
Campailloou Campagrain	1 000 g		
Water	640 g (+/- 20 g)	630 g (+/- 20 g)	660 g (+/- 20 g)
Base temperature*	Pastry / Spiral mixer	52°C	48°C
	Oblique axis mixer / Artofex	54°C	50°C
Moul-Bie Lissor Tempo or Lissor Salto	-	10 g	5 g
Combining ingredients	3 min. in 1 st speed		
Autolyse	Recommended for 30 min.		
Salt	18 g		
Yeast	20 g (40 g for the quick method)	8 g (+/- 2 g)	
Kneading			
Pastry / Spiral mixer			
1 st speed	5 min.		
2 nd speed	8 min.		
Oblique axis mixer / Artofex			
1 st speed	5 min.		
2 nd speed	16 min.		
Dough temperature	25 to 26°C	24 to 25°C	22 to 23°C
Fermentation and Shaping			
Bulk fermentation	30 min. (15 min. for the quick method)	30 min.	-
Block at	-		4°C in tubs
Division	400 g dough pieces for the baskets 350 g dough pieces for the long bâtard loaves		
Pre-shaping	Into boules for the baskets Into short fat baguettes for the long bâtards (moderately tight pre-shaping in both cases)		
Resting	15 min.	1 h	
Shaping	Into short bâtards for the baskets and / or into long bâtards of 28 to 30 cm Moisten the upper surface then roll in poppy seeds		
Block at	-		-
Final fermentation	1 h to 1 h 15 at 25°C (45min. for the quick method)	Retarder proving: 4°C for 40 to 45 h	-
		Retarder proving: 3 h at 18°C Slow proving: From 14 h at 8°C	2 h at 25°C
Baking			
Scoring	Close-together chevrons		
Baking temperature	240°C (+/- 20°C) - open door to let steam escape at end of baking		
Steam injection	Same as for a white baguette		
Baking time	35 to 40 min.		
Cooling	On racks		

*Base temperature - (Room temperature + Flour temperature) = Water temperature
All times stated must be adapted depending on the equipment used.

Ingredients

Wheat flour - Sesame seeds - Sunflower seeds - Rye flour - Brown flax seeds - Yellow flax seeds - Oat flour - Barley flour - Wheat gluten - Barley malt - Enzymes* (α-amylase - Xylanase - Glucose oxidase - Transglutaminase).
Cereals: 85,5 % - Seeds: 14%

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

May contain egg, soya and milk.

Nutrition declaration per 100 g of mix

Energy (kJ)	1 569
Energy (kcal)	372
Fat (g)	7,8
of which saturates (g)	1,0
Carbohydrate (g)	60,0
of which sugars (g)	1,0
of which starch (g)	58,9
Fibre (g)	5,7
Protein (g)	12,6
Salt (g)	0,09



TOGETHER FOR
TASTE