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# Cerestine Gris

specials

CERESTINE GRIS flour is a light, easy-to-digest multigrain blend. It has a neutral aroma, a light color, and an airy crumb, ideal for light and tasty breads.

### FLOUR

|              |   |
|--------------|---|
| Ingredients: | Wheat flour, Wheat bran, Whole wheat flour, Rye flour, Spelt flour, Wheat gluten, Wheat sourdough, Toasted malt, Emulsifiers E471, E472e, E481, Wheat germs, Malted wheat flour |
| Structure:   | Fine powder   |
| Wholeness:   | 25 %  |
| Allergens:   | Cereals containing gluten (Wheat, Spelt, Rye, Malt)<br>May contain traces of Soy and Sesame   |

### NUTRITIONAL VALUE (PER 100 G)

|                    |        |
|--------------------|--------|
| Energy kcal:       | 341    |
| Energy kJ:         | 1443   |
| Carbohydrates:     | 63,8 g |
| Fats:              | 2,0 g  |
| Proteins (Nx6.25): | 13,1 g |
| Dietary fibers:    | 8,0 g  |

\* The values depend on the new harvest.

### BREAD

|         |               |
|---------|---------------|
| Odour:  | Neutral       |
| Colour: | Light-colored |
| Crumb:  | Aerated       |

### PACKAGING

25 kg



### RECIPE

#### Main ingredients

|                   |         |
|-------------------|---------|
| CT CERESTINE GRIS | 10 kg   |
| Water*:           | ± 6,6 l |
| Yeast:            | 300 g   |
| Sel:              | 170 g   |

#### Kneading

|                   |               |
|-------------------|---------------|
| Normal            | 20'           |
| Spirale:          | 1° speed 4'   |
|                   | 2° speed 5'   |
| Fast mixing       | 2'30"         |
| Dough temperature | 25 °C - 27 °C |

#### Resting and proofing time

|                    |           |
|--------------------|-----------|
| 1st rest           | 15'       |
| 2nd rest           | 15'       |
| Final proof        | 45' - 60' |
| Rising temperature | 32 °C     |
| Relative humidity  | 80 %      |

#### Baking

|                     |           |
|---------------------|-----------|
| Baking temperature: | 220 °C    |
| Baking time:        | 35' - 45' |

#### Notes

For the special bread, add the necessary ingredients according to legal requirements.

\* The addition of water depends on the new harvest.

