



Version: 27.05.25

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) 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 |



Main ingredients

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

RECIPE

Resting and proofing time

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

Kneading

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

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.

