



LIVENDO®
magic of nature*



MEDITERRANO

SOURDOUGH BASED PREPARATION

Wheat sourdough based preparation with herbs and spices.

Advantages:

- adds a delicate and pleasantly spicy taste and aroma of Mediterranean gastronomy to baked goods
- taste-tuned composition of herbs and spices that add value to the baked goods
- naturally extends the freshness and shelf life of the finished product
- simple and operational use for craft and industrial production
- suitable for a large number of recipes, e.g. baguettes, ciabattas, buns, gastro products...

Dosage:

5-20 % on flour weight

Ingredients:

Stable **wheat** sourdough (water; **wheat** flour; iodine salt (salt, potassium iodate) (5,0 %); sourdough starting culture of yeast and bacteria); blend of herbs (dried) and spices (1,5%) (basil, garlic, thyme, oregano, pepper); psyllium husk.

Packaging:

10 kg (PP bucket with lid)

Storage conditions:

in a closed packaging at a temperature of 2-8 °C

Shelf life:

6 months in original packaging



MEDITERRANO BAGUETTE (250 g)

Ingredients	Weight
Wheat flour T 530	100 kg
MEDITERRANO	20 kg
Baker's yeast	1,3 kg
Salt <i>(add 2 min before the end of mixing)</i>	1,25 kg
Wheat gluten	1 kg
Olive oil	3 kg
Water	72 kg
Total	198,55 kg

Technological parameters

Mixing	3+12 min
Dough temperature	20-24 °C
Resting	120 min <i>(fold the dough in the bowl every 40 min)</i>
Dividing	300 g
Shaping	baguette
Proofing	5-10 min / 25 °C / 55 %
Baking	20 min / 250 °C

Nutritional data (average values per 100 g of product produced according to the recipe):

energy value	1043 kJ/ 247 kcal
fats	3,0 g
of which saturates	0,4 g
carbohydrates	46,0 g
of which sugars	1,4 g
fibre	2,7 g
protein	8,0 g
salt	1,4 g



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