



LIVENDO®
magic of nature*



RYE WHOLEGRAIN SOURDOUGH BIO

Sourdough

Ready to use stabilised sourdough in BIO / organic quality for various bread types production.

Advantages:

- the sourdough gives bread its rich taste and aroma and prolonged freshness
- the sourdough improves digestibility of bread and naturally preserves against moulds and rope disease
- the sourdough is produced by a traditional slow fermentation process
- 89 % of the flour in the sourdough is rye wholegrain flour, i. e. with higher fibre content compared to fine flours
- long shelf life of the sourdough (9 months) is reached naturally without any preservatives
- the sourdough is suitable for a flexible and easy production of bread at any time
- maximum reduction of pesticides, herbicides and fungicides during the rye farming is guaranteed by the BIO certification

Dosage:

5-25 % on flour weight

Ingredients:

wholegrain rye flour BIO (60 %, i.e. 89 % from total flour content), water, rye flour BIO, sourdough starting culture of yeast and lactic bacteria.

Packaging:

7,5 kg plastic bucket with green lid

Storage conditions:

in a closed packaging at a temperature between 2-8 °C, after opening: keep use within 14 days

Shelf life:

9 months in original packaging



BIO BREAD WITH RYE WHOLEGRAIN SOURDOUGH

Ingredients	Weight
Wheat flour in BIO quality	50 kg
Rye flour in BIO quality	37 kg
Rye wholegrain sourdough BIO	19 kg
Compressed fresh yeast	2,7 kg
Fine salt	2,7 kg
Improver Formstabil 1,2 % in BIO quality	1,2 kg
Cumin	0,5 kg
Water	70 kg
Total	182,4 kg

Technological parameters

Mixing	3+5 min
Dough temperature	28-30 °C
Resting	15-20 min
Dividing	760 g
Shaping	bread (moulded)
Proofing	50-60 min / 35 °C / 70-80 %
Baking	250 °C falling to 200 °C. With steam at the beginning, after 2 minutes open the chimney. Baking time: 40-45 minutes.

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

energy value	952 kJ/ 225 kcal
fats	1,1 g
of which saturates	0,2 g
carbohydrates	44,0 g
of which sugars	1,4 g
fibre	4,9 g
protein	7,6 g
salt	1,3 g



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