



LIVENDO®
magic of nature*



SPELT WHOLEGRAIN SOURDOUGH V200 S

Stabilized sourdough

Ready to use stabilized spelt (wheat) wholegrain sourdough for bread production. It is necessary to add yeast to these types of sourdoughs for dough leavening effect.

Advantages:

- adds a fine and specific spelt aroma to the bread
- significantly shortens the preparation of bread
- the acid content resulting from fermentation extends the shelf life of products
- fermented wholemeal spelt flour increases the softness of the finished products

Dosage:

2-20 % on flour weight

Ingredients:

water; **spelt (wheat)** wholegrain flour; salt (5 %); **wheat** flour; sourdough starting culture of yeast and bacteria.

Packaging:

12 kg (HD-PE canister)

Storage conditions:

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

Shelf life:

6 months in original packaging



SPELT BREAD (600 g)

Ingredients	Weight
Spelt flour	55 kg
Spelt wholegrain flour	35 kg
SPELT WHOLEGRAIN SOURDOUGH V200 S	20 kg
Baker's yeast	2,5 kg
Salt	2 kg
FERMENT SOFT	1 kg
Caraway seeds	0,5 kg
Water	65 kg
Total	181 kg

Technological parameters

Mixing	3+6 min
Dough temperature	28-30 °C
Resting	approx. 20 min
Dividing	680 g
Shaping	bread
Proofing	40-45 min / 35 °C / 75 %
Baking	45-55 min / 250-190 °C

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

energy value	1000 kJ/ 237 kcal
fats	1,6 g
of which saturates	0,2 g
carbohydrates	43,0 g
of which sugars	1,4 g
fibre	6,8 g
protein	8,9 g
salt	1,9 g



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