



Premium Brennessel-Kruste

The healing powers of the stinging nettle have been known throughout history. Recently, gourmets have rediscovered these properties and enjoy the special unique flavour. Premium Brennessel-Kruste combines this valued plant with pumpkin and sunflower seeds to an irresistible taste experience.



## Recipe suggestion:

### Stinging-nettle-bread

### Basic recipe

Wheat flour	5,000 kg	_____
<b>Premium Brennessel-Kruste</b>	5,000 kg	_____
Yeast	0,300 kg	_____
Water	approx. 5,800 l	_____

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Dough weight 16,100 kg

## Kneading time:

Approx. 3 min. slow and 7 min. fast speed.

## Temperature:

The ideal dough temperature is between 25 - 26 °C.

## Dough resting:

Approx. 15 min.

## Preparation:

Divide dough into pieces of 0,600 kg each. After moulding allow to rest for several minutes, then form into long shaped loaves, brush surface with water and roll either in **Premium Décor-Royal** or pumpkin seeds.

## Proofing time:

Approx. 40 - 50 min. at 34 °C and 75 % humidity.

## Baking process:

When  $\frac{3}{4}$  of proofing time has elapsed, take the bread out of the proofing chamber and allow a short stabilization period. Score as desired and place the prepared trays into the oven. Set at approx. 230 °C with a medium steam setting. After 5 min. reduce the temperature to approx. 180 °C. Approx. 10 min. before full baking time, open the damper and allow to bake to a crispy brown.

## Baking time:

Total baking time approx. 38 – 45 min.