

“Kommissbrot”

using the Detmold One-stage Method

using FERTIGSAUER and BACKEXTRAKT



Detmold one-stage method:

Starter	0.050 kg
Rye flour type 1150	2.500 kg
<u>Water, approx.</u>	<u>2.000 l</u>
Total weight	4.550 kg

Mixing time: 4 minutes slow, spiral mixer

Dough temperature: approx. 27° C

Bulk fermentation time: approx. 18 hours

Dough:

Detmold one-stage sour, dough yield 180	4.550 kg
Rye flour type 1370	7.500 kg
FERTIGSAUER	0.180 kg
BACKEXTRAKT	0.150 kg
Salt	0.200 kg
Yeast	0.100 kg
<u>Water, approx.</u>	<u>6.500 l</u>
Total weight	19.180 kg

Mixing time: 6 + 2 minutes, spiral mixer

Dough temperature: approx. 28° C

Bulk fermentation time: approx. 30 minutes

Scaling weight:	0.875 kg for tins (10 x 10 x 18 cm)
Intermediate proof:	none
Instructions for use:	After the bulk fermentation time, scale the dough, mould round and shape slightly long. Subsequently, dampen the upper surface of the dough pieces, toss in finely ground coarse rye and place in baking tins with the seam downwards. Allow to prove and load at almost full proof, giving steam which is allowed to escape after approx. 2 minutes.
Final proof:	approx. 50 minutes
Baking temperature:	260° C, dropping, giving steam
Baking time:	approx. 60 minutes (core temperature: 97° C)