



Bread with Meritena® 100 & 400 Gluten free



Method

- Blend all powder ingredients into a homogenous premix.
- Put in the mixer bowl (Kenwood kind mixer with leaf) the powder premix and the yeasts.
- Start mixing during 1min at speed 1.
- Then add creamed butter and mix 1min at speed 2.
- Add tempered water (Reference T°c = 60°c) and mix 1min at speed 2.
- Gather all the dough to the center of the mixer bowl and mix for further 1min at speed 2.
- Divide and shape dough pieces.
- Prove the dough pieces during 45min at 35°c/85% RH into a prover.
- Bake during 40min at 205°c.
- Let cool down during 1h15 before slicing and 30min more before packing.

Recipe

| | % by weight |
|--|-------------|
| Meritena® 100 corn starch | 13 |
| Meritena® 400 potato starch | 3 |
| Rice flour | 7.3 |
| Corn flour | 19 |
| Buckwheat flour | 5 |
| Guar gum | 1.1 |
| HMPC (from J. Rettenmaier & Sohne) | 0.2 |
| Psyllium husk powder (from J. Rettenmaier & Sohne) | 0.7 |
| Salt | 0.7 |
| Butter | 2.7 |
| Compressed yeasts | 2.7 |
| Water | 44.6 |

» A coeliac-safe formulation with good sensory properties.

Nutrition facts

| | /100 g |
|---|-------------|
| Energy (kJ / kcal) | 1144 / 273 |
| Protein (g) | 4.2 |
| Carbohydrate (g) of which sugars (g) | 54.4 0.2 |
| Fat (g) | 3.7 |
| Fibre (g) | 2.8 |

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