

## SPECIALTY FLOURS, SPECIALTY FLOURS

# SPELT WHOLEMEAL FLOUR

The goodness of an ancient grain milled to contain all the constituents of the wheat grain.

## BASIC RECIPE

INGREDIENTS	WEIGHT (KG OR L)	%
Polish		
Mauri White Spelt Flour	4.100kg	90%
Mauri Wholemeal Spelt Flour	0.500kg	10%
Water 16°C	4.600L	100%
Mauri Dried Yeast	0.004kg	0.1%
Final dough		
Polish	9.204kg	100%
Mauri White Spelt Flour	8.284kg	90%
Mauri Wholemeal Spelt Flour	0.920kg	10%
Water 18°C	4.694L	51%
Salt	0.276kg	3%
Mauri Dried Yeast	0.028kg	0.3%
Total Dough Weight	32.6kg	
Yield	50	

## METHOD

### STEP 1 POOLISH

Mix Group 1 ingredients together to form a dough (2-3 minutes).

### STEP 2

Place into oiled containers with lids and ferment for approximately 16 hours at 21°C (overnight).

### **STEP 3 FINAL DOUGH**

Combine Group 1 & Group 2 on first speed (5 minutes).  
Mix for further 5 minutes on second speed or until clear (FDT 28°C).

### **STEP 4**

Place into 4 oiled warwicks (5900g per tub).  
Lift and fold 3 times every 45 minutes.

### **STEP 5**

Divide into 9 @ 650 gm free form rectangular pillows (3 per tray).  
Lift each dough piece onto the tray cloth without degassing.

### **STEP 6**

Proof for 30 minutes.

### **STEP 7**

Bake at 220-230°C for 25-28 minutes with steam.