

ESSENTIAL ADVICE FOR BREAD MAKING

NEW CROP
2022 / 2023

Advice for application :

Pain Courant (Parisian Style Baguette) *La Millésime, La Bel Air*

- Hydration 1 - 2 % higher
- Autolyse recommended (*improves the water absorption, the smoothing and the machinability*)
- Good smoothing (*shorter kneading time*)
- Good extensibility of the dough without stickiness
- Good tolerance
- Good development (*well opened scoring and nice crust colour*)
- Cream-coloured and bright crumb

Tradition Française (Traditional French Baguette) *La Reine des Blés, La Sauvage, La Marcelle, La Tradition T55 and T65, Boulanger Bio T65*

- Hydration 2 - 3 % higher
- Autolyse recommended (at least 30 min)
- Faster smoothing requiring little or no kneading at 2nd speed
- Correct fermentation activity
- Dough with a stretchy tendency, not sticky
- Good tolerance
- Good development (*well opened scoring and beautiful crust colour*)
- Nice open and yellow crumb

Stone ground flours *T80, T110, T150*

- Very good hydration
- Not sticky
- Normal fermentation activity
- Good tolerance
- Regular open and amber crumb

Other cereals

Rye, Spelt, Einkorn wheat, ancient varieties

- Increased hydration
- Normal fermentation activity

- **Hydration :**
 - **Direct fermentation: 65 - 67%**
 - **Slow or controlled proofing: 63 - 64 %**
- **Dough temperature at the end of kneading: 22-23°C**
- **Baking: decrease the temperature by 5 - 10 °C**

- **Hydration : 72 - 76%**
Control the smoothing for the organic flour T65 in order to obtain a good dough texture
- **Dough temperature at the end of kneading: 22-23°C**
- **Bulk fermentation: 1 hour with 2 folds**
- **Baking: decrease the temperature by 5 - 10 °C**

- **Hydration: 80 % and higher**
- **The use of a stiff levain (sourdough) is recommended (at least 6 hours of maturation). It provides more strength than a liquid levain.**

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- **Big loafs in moulds (more than 1.5 kg) are possible.**