

Céraine

Balanced mix for the making of seeds baguette



Product advantages

> Multi-grain baguette with persistent toasted flavours:

- Contains 5 types of seeds: sesame, brown linseed, sunflower, poppy, and millet
- Contains malted wheat flakes
- Very pronounced taste of seeds
- A melt-in-the-mouth white crumb, packed with seeds
- Golden crunchy crust, covered with seeds

Céraine



1 000 g

Campaillette Céraine



630 g + 50 g*

Water

*At the end of mixing



8-10 g

Fresh yeast



18-20 g

Salt

Direct method

Slow fermentation

Mixing



Slow speed: 5 mn
Fast speed: 6-8 mn



Slow speed: 5 mn
Fast speed: 12-14 mn



Final dough temperature:
24-25°C

1st fermentation

1h - 1h15
Give a fold after 30 mn



2 - 4°C
Overnight in a chiller

Scaling

300-330 g
Short pre-shaping



300-330 g
Short pre-shaping

Resting time

15-20 mn



20-30 mn

Shaping

Baguettes
Or chosen shape



Baguettes
Or chosen shape

Proving

25°C
1h15 - 1h30



25°C
1h30 - 1h45

Baking

240-250°C
(With steam)
16-20 mn
(For baguettes)



240-250°C
(With steam)
16-20 mn
(For baguettes)

Ingredients

Wheat flour - Sesame seeds - Brown flax seeds - Sunflower seeds - Poppy seeds - Malted wheat flakes - Millet seeds - **Wheat gluten** - Flour treatment agent: E300 - Enzymes* (α-amylase - Xylanase).
Seeds: 14%

*The enzymes are processing aids which are not declared on the labels of final products.

May contain egg, milk and soya.

Nutrition declaration

per 100 g of mix

Energy (kJ)	1 593
Energy (kcal)	378
Fat (g)	7,0
of which saturates (g)	0,9
Carbohydrate (g)	63,4
of which sugars (g)	0,9
of which starch (g)	62,5
Fibre (g)	5,5
Protein (g)	12,4
Salt (g)	0,04