



CLEAN LABEL



NUCLEO® 3+7

Vitaminic

For dark bread with strong taste, with seeds and toasted flours



WITH LIVE LACTIC FERMENTS

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**Powdered semifinished product for bakery, professional use only.**

Vitaminic is a special **blend of sunflower seeds, flax seeds, sesame seeds, soy flour and barley malt**. This Nucleo® is the ideal choice for those who seek the **strong taste** of dark bread combined with the Italian tradition. Thanks to the Live Lactic Ferments, bread will have great meltability, excellent chewability and a long-lasting fragrance.

INGREDIENTS: mixed seeds (sunflower seeds 15%, flax seeds 10%, **sesame** seeds 10%) 35%, type "0" **wheat** flour*, **soy** flour (gritz), toasted **barley** malt, remilled durum **wheat** semolina, enzymes, dried live lactic ferments (0,004%).

May contain milk, eggs, lupins, mustard.

DOSAGE: 3 kg of Nucleo® + 7 kg of flour.

CHARACTERISTICS

- » 100% Clean Label
- » **With Live Lactic Ferments**
- » E471-E472 Free
- » With seeds and toasted flours
- » Toasted and malted aroma
- » Multipurpose

RECOMMENDED FOR

- » Loaves
- » Focaccia
- » Crackers
- » Breadsticks
- » Biscuits
- » Croissants

PACKAGING:

25 kg cod 110 - Food bag (Paper | Pe HD)
10 kg cod 1101 - Food bag (Paper | Pe HD)

STORAGE:

16 months. Keep in a cold and dry place. Close the bag after use. Storage Temperature: max 25°C.

The storage conditions of the product will determine the performance and the yield in the use phase. Incorrect storage can compromise the technical potential assured by Il Granaio delle Idee.

BREAD RECIPE:

INGREDIENTS

Type "0" wheat flour 240/270 W	7 kg
Nucleo® Vitaminic	3 kg
Water	5,5 L
Brewer's yeast	300 g
Salt	200 g

PROCEDURE

Knead all the ingredients for about 5 minutes with speed 1 (spiral mixer).

Start speed 2 and knead for 10 more minutes.

Let rest for 30 minutes in tub.

Cut into pieces of about 250 g each and shape as desired.

Rising: 60 minutes in proofing chamber at 30°C with humidity.

Bake with steam at 210°C for 30 minutes, opening the steam valve halfway through baking.

CROISSANTS RECIPE:

INGREDIENTS

Type "0" wheat flour 270 W	(75%) 1,5 kg
Nucleo® Vitaminic	(25%) 500 g
Water	(40%) 800 ml
Eggs	(10%) 200 g
Caster sugar	(7,5%) 150 g
Butter	(7,5%) 150 g
Brewer's yeast	(4,5%) 90 g
Salt	(1,5%) 30 g
To laminate: butter	1 kg

PROCEDURE

Knead all the ingredients except the butter with speed 1 for about 5 minutes. When the dough has taken mass, start speed 2 for about 10 minutes adding the butter at room temperature and complete shaping. Place the dough to rest in a plastic box for bakery (with a lid) in the fridge at 4-5° C for about 12 hours.

Laminate the batter with 1 kg of butter.

Make one fold with 3 turns and one with 4 turns, or three folds with 3 turns.

Place the freshly laminating batter on a work surface, cut it into triangles of 70-80 g and shape.

Leave to rise at 27°C with 80% humidity for about 3 hours.

Sprinkle the surface of the croissants with eggs, to enhance the golden color.

Bake without steam at 180°C for 12-15 minutes, depending on the size of the croissants.

For info, recipes and technical support:

+39 0498862824 | info@igdi.it | www.ilgranaiodelleidee.com

