

LALLEMAND



Variety of breads made with Instaferm® VitaD® Premix SB

Recipe suggestions using Instaferm® VitaD® Premix SB, to provide 80 IU (2 mcg) of Vitamin D per serving size, making your breads a daily **“Source of” Vitamin D!**

Information provided is only standard guidelines. Calculations are approximate; the proposed recipes and directions might need to be adjusted to suite other ingredients brands, equipment and bakery's conditions. Our Technical Support Team can help you customize the dosage for your own formulation.

* Bakers' percent

Whole Wheat Breads

	lb	%*	kg
Whole Wheat Flour	22.00	100	10.000
Water +/-	16.30	74	7.400
Molasses	1.10	5	0.500
Vital Wheat Gluten	0.88	4	0.400
Lallemand Fresh Yeast	0.66	3	0.300
Oil	0.66	3	0.300
Salt	0.44	2	0.200
Lallemand Essential® CL 1302	0.22	1	0.100
Instaferm® VitaD® Premix SB	0.05	0.2	0.020

Mix all ingredients for 3 min on low speed, then 9 min on high
 Bench Times 30 min, then knock down and proof another 15 min
 Scale at 685g (1.51 lb) and preshape
 2nd Proof 30 min, then mold into desired shape and put in baking pan
 Final Proof about 1 hour @ max 100°F / 38°C, in proof box
 Bake 30 – 35 min @ 375°F / 190°C, preferably with steam

% Loss: 12 %
 Yield: 28 breads, 600g each
 Serving size: 2 slices (60g)

White Breads

	lb	%*	kg
Bread Flour	22.00	100	10.000
Water +/-	13.45	61	6.100
Sugar	1.54	7	0.700
Lallemand Fresh Yeast	0.66	3	0.300
Oil	0.66	3	0.300
Salt	0.44	2	0.200
Lallemand Essential® CL 1302	0.22	1	0.100
Instaferm® VitaD® Premix SB	0.05	0.2	0.020

Mix all ingredients for 3 min on low speed, then 8 min on high
 Bench Times 40 min, then knock down and proof another 20 min
 Scale at 645g (1.42 lb) and preshape
 2nd Proof 40 min, then mold into desired shape and put in baking pan
 Final Proof about 1 hour @ max 100°F / 38°C, in proof box
 Bake 25 – 30 min @ 375°F / 190°C and preferably with steam

% Loss: 13 %
 Yield: 28 breads, 560g each
 Serving size: 2 slices (56g)

For more information on our products and services, please contact:

Canada
 Montréal 1-800-840-4047
 Toronto 1-800-387-3876

USA
 Memphis 1-866-458-4788
 Bakersfield 1-800-423-6625

Baltimore 1-800-899-9327
 Pembroke 1-800-432-1090

Mexico
 Cuautitlán 1-800-710-4856

Whole Wheat Buns

	lb	%*	kg
Whole Wheat Flour	22.00	100	10.000
Water +/-	15.00	68	6.800
Sugar	1.75	8	0.800
Lallemand Fresh Yeast	1.10	5	0.500
Oil	0.66	3	0.300
Salt	0.44	2	0.200
Vital Wheat Gluten	0.44	2	0.200
Lallemand Essential® CL 1302	0.33	1.5	0.150
Instaferm® VitaD® Premix SB	0.05	0.2	0.020

Mix all ingredients for 3 min on low speed, then 9 min on high
 Bench Time 10 min @ room T°
 Scale 61g (2.15 oz) and preshape
 2nd Proof 20 min, then shape and put on baking pans
 Final Proof about 1 hour @ max 100°F / 38°C, in proof box
 Bake 10 – 12 min @ 440–460°F / 225–240°C, preferably with steam

% Loss: 12 %
 Yield: 300 buns
 Serving size: 1 bun (54g)

Baguettes

	lb	%*	kg
Polish	22.00	100	10.000
Bread Flour	22.00	100	10.000
Water +/-	12.80	58	5.800
Salt	0.66	3	0.300
Lallemand Fresh Yeast	0.44	2	0.200
Malt	0.22	1	0.100
Lallemand Essential® CL 1302	0.22	1	0.100
Instaferm® VitaD® Premix SB	0.07	0.3	0.030

Polish prepare Polish the previous day (50 flour/50 water and little yeast)
 Mix all ingredients for 3 min on low speed, then 7 min on high
 Bench Time 60 min @ room T°
 Scale 480 grams (1.06 lb) and preshape
 2nd Proof 60 min, then mold into baguettes and roll them to desired length
 Final Proof about 30 min @ room T°, in dough-cloths on boards
 Score 6 diagonal cuts over the dough
 Bake 18 – 20 min @ 440°F / 225°C, with steam

% Loss: 17 %
 Yield: 55 baguettes, 400g each
 Serving size: 1/8th of baguette (50g)

Multigrain Breads

	lb	%*	kg
Multigrain Mix	11.00	50	5.000
Water	11.00	50	5.000
Bread Flour	11.00	50	5.000
Water +/-	6.60	30	3.000
Vital Wheat Gluten	1.55	7	0.700
Honey	1.10	5	0.500
Lallemand Fresh Yeast	0.66	3	0.300
Salt	0.50	2.2	0.220
Oil	0.44	2	0.200
Molasses	0.44	2	0.200
Lallemand Essential® CL 1302	0.22	1	0.100
Instaferm® VitaD® Premix SB	0.06	0.3	0.030

Soak all the Multigrain Mix and water (same amount), for at least 1 hour
 Mix all ingredients for 3 min on low speed, then 10 min on high
 Bench Time 30 min @ room T°, then knock down and proof another 10 min
 Scale 630 gram (1.39 lb) and pre-shape
 2nd Proof 30 min, then mold and dip loaf in dry Multigrain mix
 Final Proof max 1 hr @ 100°F / 38°C, in baking pan
 Bake 40 – 50 min @ 400–420°F / 205–215°C, preferably with steam

% Loss: 11 %
 Yield: 32 breads, 560g each
 Serving size: 2 slices (56g)

New York Rye Breads

	lb	%*	kg
Rye Sour Starter	6.60	30	3.000
Bread Flour	14.30	65	6.500
Water +/-	14.30	65	6.500
Rye Flour	3.30	15	1.500
Bran	1.10	5	0.500
Vital Wheat Gluten	1.10	5	0.500
Sugar	1.10	5	0.500
Molasses	1.10	5	0.500
Oil	0.66	3	0.300
Salt	0.55	2.5	0.250
Lallemand Fresh Yeast	0.33	1.5	0.150
Lallemand Essential® CL 1302	0.22	1	0.100
Instaferm® VitaD® Premix SB	0.07	0.3	0.030

Starter maintain rye sour starter
 Mix all ingredients for 8 min on low speed, then 2 min on high
 Bench Time 30 min, then knock down and proof another 20 min
 Scale 815 gram (1.80 lb) and pre-shape
 2nd Proof 30 min, then mold into desired shape and put in between dough cloths
 Final Proof 50 – 60 min @ room T°
 Bake 35 – 40 min @ 450–475°F / 230–245°C, with steam

% Loss: 12 %
 Yield: 25 breads, 720g each
 Serving size: 1 slice (45g)