

RECIPE BOOK



An independent and committed miller dedicated to craft bakery



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CALCULATING BATCH QUANTITIES

QUANTITY OF DOUGH

number of pieces x weight of each piece = total weight of dough

QUANTITY OF WATER

total weight of dough x hydration level required
+ yield + hydration required
= number of litres of water

QUANTITY OF FLOUR

total weight of dough x 100 ÷ yield + hydration required
= number of kg of flour
(the yield is always 100)

EXAMPLE

For an order comprising:
50 x 400 g baked loaves and 30 x 200 g baked baguettes

Weight of dough : $50 \times 0.55 = 27.5$ kg

$30 \times 0.3 = 9$ Kg

$27.5 + 9 = 36.5$ Kg dough

Weight of flour : $36.5 \times 100 \div 163 = 22.4$ Kg flour

Litres of water : $36.5 \times 63 \div 163 = 14.1$ litres water

NOTE

Baking reduces the weight of a loaf by 150 g approx.
Baguettes by 100 g approx.
Bread rolls by 20 g approx.
Specialty breads by 100 g approx.

CALCULATING WATER TEMPERATURE

We use a particular formula to calculate the right water temperature in order to produce dough which has the ideal temperature.

This formula depends on three essential factors :

- Oven temperature
- Flour temperature
- Preferred mixing method

MIXING

Each mixing method corresponds to a base temperature (BT) :

Improved mixing, around 12 -15 mins at medium speed

BT : 52 – 54° C for dough at about 23-24°C

Long mixing, only at slow speed

BT : 64-65° only for small loaves (specialty breads) for dough at 24-25°C

For bulk mixing using autolyse (for Traditional French, for example) it is advisable to begin with a BT of 53-55°C, for dough at 22-23°C.

CALCULATING WATER TEMPERATURE

To calculate the water temperature, this formula is all you need:
(flour temperature + oven temperature) – BT = water temperature

SOURDOUGH STARTER

CHEF STARTER

Rye T170 : 500 g
Water at 40°C : 600 g

Mix together then allow to ferment for 24 hours at 35°C

The artisan baker must apply the right technical skills and knowledge with great care to make good sourdough bread.

FIRST STARTER

Chef : 1 kg 100
Traditional flour : 1 kg
Water at 40°C : 1 L

Mix together then allow to ferment for 24 hours at 30°C

Many believe there is a real secret to making natural sourdough starter.

SECOND STARTER

1st starter :
3 kg 100
Traditional flour: 2 kg
Water at 30°C: 2 L

Mix together then allow to ferment for 24 hours at 25°C

Due to their specific fermenting action, sourdough starters play an important role in establishing the appearance, colour, fragrance, leavenure and taste of bread and pastries as well as the length of time they can be kept.

THIRD STARTER

2nd starter : 3 kg
Traditional flour : 2 kg
Water at 40°C : 2 L

Mix together then allow to ferment for 12 hours at 25°C

The sourdough starter gives a specifically irregular, honeycombed leavenure to the crumb.

FOLLOW UP STARTER

3rd starter : 1 kg
Traditional flour : 1 kg
Water at 40°C : 1 L

Mix together then allow to ferment for 24 hours at 25°C

It gives bread and pastries a fresh, tangy taste and a characteristically delicious fragrance.

DAILY REFRESHMENT

Mother dough : 1 kg
Traditional flour : 3 kg
Water at 4-5-50°C : 3 L

Mix together then store at 4-5°C

Article 4 of the decree concerning bread, 13/09/93

« Sourdough is a dough composed of wheat flour, rye, or one of these two ingredients and drinking water, with the possibility of added salt, and is subject to a natural fermentation process which enables the dough to rise »

HYDRATION RATES WITH LIQUID SOURDOUGH

AMOUNT OF SOURDOUGH	100 gr	200 gr	300 gr	400 gr	500 gr	600 gr
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HYDRATION 62%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	610	590	570	550	530	510
SALT	22	23	24	25	27	30

HYDRATION 63%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	620	600	580	560	540	520
SALT	22	23	24	25	27	30

HYDRATION 64%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	630	610	590	570	550	530
SALT	22	23	24	25	27	30

HYDRATION 65%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	640	620	600	580	560	540
SALT	22	23	24	25	27	30

HYDRATION 66%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	650	630	610	590	570	550
SALT	22	23	24	25	27	30

HYDRATION 67%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	660	640	620	600	580	560
SALT	22	23	24	25	27	30

AMOUNT OF SOURDOUGH	100 gr	200 gr	300 gr	400 gr	500 gr	600 gr
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HYDRATION 68%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	670	650	630	610	590	570
SALT	22	23	24	25	27	30

HYDRATION 69%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	680	660	640	620	600	580
SALT	22	23	24	25	27	30

HYDRATION 70%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	690	670	650	630	610	590
SALT	22	23	24	25	27	30

HYDRATION 71%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	700	680	660	640	620	600
SALT	22	23	24	25	27	30

HYDRATION 72%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	710	690	670	650	630	610
SALT	22	23	24	25	27	30

HYDRATION 73%

FLOUR	1 000	1 000	1 000	1 000	1 000	1 000
WATER	720	700	680	660	640	620
SALT	22	23	24	25	27	30

REFRESHING THE SOURDOUGH

Amount of sourdough required	Mother dough	Flour dough	Water dough
1 kg	0.170 kg	0.5 kg	0.5 kg
2 kg	0.340 kg	1 kg	1 kg
3 kg	0.500 kg	1.5 kg	1.5 kg
4 kg	0.670 kg	2 kg	2 kg
5 kg	0.840 kg	2.5 kg	2.5 kg
6 kg	1 kg	3 kg	3 kg
7 kg	1.17 kg	3.5 kg	3.5 kg
8 kg	1.34 kg	4 kg	4 kg
9 kg	1.5 kg	4.5 kg	4.5 kg
10 kg	1.67 kg	5 kg	5 kg
11 kg	1.84 kg	5.5 kg	5.5 kg
12 kg	2 kg	6 kg	6 kg
13 kg	2.17 kg	6.5 kg	6.5 kg
14 kg	2.34 kg	7 kg	7 kg
15 kg	2.5 kg	7.5 kg	7.5 kg
16 kg	2.67 kg	8 kg	8 kg
17 kg	2.84 kg	8.5 kg	8.5 kg
18 kg	3 kg	9 kg	9 kg
19 kg	3.17 kg	9.5 kg	9.5 kg
20 kg	3.34 kg	10 kg	10 kg

Amount of sourdough required	Mother dough	Flour dough	Water dough
21 kg	3.5 kg	10.5 kg	10.5 kg
22 kg	3.67 kg	11 kg	11 kg
23 kg	3.84 kg	11.5 kg	11.5 kg
24 kg	4 kg	12 kg	12 kg
25 kg	4.17 kg	12.5 kg	12.5 kg
26 kg	4.34 kg	13 kg	13 kg
27 kg	4.5 kg	13.5 kg	13.5 kg
28 kg	4.67 kg	14 kg	14 kg
29 kg	4.84 kg	14.5 kg	14.5 kg
30 kg	5 kg	15 kg	15 kg
31 kg	5.17 kg	15.5 kg	15.5 kg
32 kg	5.34 kg	16 kg	16 kg
33 kg	5.5 kg	16.5 kg	16.5 kg
34 kg	5.67 kg	17 kg	17 kg
35 kg	5.84 kg	17.5 kg	17.5 kg
36 kg	6 kg	18 kg	18 kg
37 kg	6.17 kg	18.5 kg	18.5 kg
38 kg	6.34 kg	19 kg	19 kg
39 kg	6.5 kg	19.5 kg	19.5 kg
40 kg	6.67 kg	20 kg	20 kg

FRENCH TRADITION

DIRECT AND BULK FERMENTATION



INGREDIENTS

Traditional BAGATELLE flour T65	1 000 g	Autolyse : 2 hours
Water	700 g	
Salt	20 g	
Yeast	6 to 8 g	
Sourdough starter	100 g	

METHOD

- Mixing 10 mins ■ Recommended temperature : 23°C
- Low speed
- Fermentation
Bulk fermentation for 1 ½ hours to 2 hours
- Scaling
- Weigh and pre-shape ready for baguettes
- Resting
20 - 30 minutes
- Moulding
In baguette shapes approx. 50 cm long
- Final proofing
30 - 45 minutes
- Baking
Bake in a pre-heated oven at 250°C, decreasing heat

NOTE

Possibility of working with a fermentation trough
Fermentation for 30 minutes after mixing, scaling, folding
and storing at 3°C over night

RECOMMENDED
4.00 €
RETAIL PRICE PER KG

BONUS

CRC® wheat flour, with the
lowest glycaemic index of any
bread.

CIABATTA

INGREDIENTS

Flour 1 000 g
Water 700 g
Salt 20 g
Yeast 6 to 8 g
Liquid sourdough starter 200 g
Olive oil 70 g

■ Base temperature : 52 to 54°C
■ Recommended autolyse : 1 to 2 h

■ Add the olive oil at the final stage of mixing

■ Apply 120g water wash as soon as the dough becomes smooth

METHOD

■ Mixing

■ Standard mixer 10 mins
■ Oblique mixer 10 mins
■ Spiral mixer 10 mins
■ Recommended dough temperature: 24 - 25°C

Low speed

10 mins

10 mins

10 mins

Medium speed

1 to 2 mins

2 to 4 mins

1 to 2 mins

Low speed +
70g olive oil

~ 3 mins

~ 3 mins

~ 3 mins

■ Fermentation

In a greased trough, 2 hours in total, fold after 30 mins and after 1 hour

■ Dividing

Turn out onto the workbench; stretch and flatten out the dough

■ Final proofing

30 minutes

■ Baking

Bake in a hot oven with steam (white colour)

RECOMMENDED

RETAIL PRICE

4,80 €

PER KG

BONUS

Traditional French flour
from CRC wheat
Ciabatta is the perfect
summer sandwich bread

OAT BRAN AND FLAXSEED BAGUETTE



INGREDIENTS

Traditional Flour	1 000 g	Autolyse : minimum 1 hour
Water	700 g	Apply 30 to 50 g water wash as soon as the dough becomes smooth
Salt	20 g	
Yeast	6 to 8 g	
Liquid sourdough starter	200 g	

+ add at final stage of mixing :
150 g oatbran / flaxseed mix
150 g water for wash

Blend together approx.
1 hour before mixing

METHOD

Mixing

■ Standard mixer
■ Oblique mixer
■ Spiral mixer
■ Recommended dough temperature: 23 °C

Low speed	10 mins	10 mins	10 mins
Medium speed	0 to 4 mins	0 to 4 mins	0 to 4 mins

Fermentation

1 ½ hours with folding at 30 minutes if needed

Scaling

350g portions. Slightly elongated shape

Resting

20 minutes

Moulding

Onto a sheet pan, seam-side up

Final proofing

At room temperature: 30 to 40 mins

Baking

Bake in a hot oven with an injection of steam

NOTE

It is possible to mix 80g of oatbran/flaxseed mix in 80g of water to 1 kg of traditional dough

**RECOMMENDED
RETAIL PRICE** **4,80 €**
PER KG

BONUS

This baguette is rich in Omega-3 unsaturated fatty acids, essential for our bodies and found in very few foodstuffs.

The previous day : toast the seeds and soak them in an equal quantity of water

INGREDIENTS

Traditional Flour	1 000 g	■ Recommended autolyse : 1 to 2 h
Water	700 g	
Salt	20 g	
Yeast	6 to 8 g	
Sourdough starter	200 g	
Soaked seeds	250 g	

METHOD

Mixing
Low speed 10 mins
Medium speed 2 to 4 mins

■ Recommended dough temperature :
23°C

Apply 50 to 80g water wash as soon as the dough becomes smooth

■ Fermentation	Bulk fermentation - 1 ½ to 2 hours
■ Scaling	Weigh and pre- shape into baguettes
■ Resting	20 – 30 minutes
■ Moulding	Into baguette shapes, approx. 45 cm long
■ Final proofing	30 to 40 minutes
■ Baking	Bake in a preheated oven at 250°C – decreasing heat

NOTE

Possibility of working with a fermentation trough :
Fermentation for 30 minutes after mixing, scaling, folding and storing at 3°C over night.

For curry-flavoured Multigrain : add 5 g curry per 1 kg dough.

RECOMMENDED
RETAIL PRICE

4,80 €
PER KG

BONUS

Traditional French flour from
CRC wheat
Tradi-Graines/ Multigrain is
a good source of fibre, Ome-
ga-3 and vitamin A.

MULTIGRAIN

COCOA LOAF



INGREDIENTS

Traditional Flour	1 000 g
Cocoa	80 g
Sugar	40 g
Salt	20 g
Liquid sourdough starter	100 g
Yeast	10 g
Water	800 g

■ Apply 100 g water wash as soon as the dough becomes smooth

METHOD

Mixing

Low speed 5 mins

Medium speed 7 to 8 mins

Chocolate buttons : 300 to 400 g minimum

Espelette pepper : optional

Low speed : 2 to 3 mins

Fermentation

1 ½ hours with folding at 20 and at 40 minutes

Scaling

Weigh 200g portions and shape

Resting

15 – 20 minutes

Moulding

Into short stick, then put in cold storage

Baking

Score and bake on sheet pan in a fan oven for 20 mins approx.

NOTE

Using traditional dough :
5 mins on low speed: 1 kg dough, 40 g cocoa, 20 g sugar, 150 -200 g water,
3-5 g yeast
On low : 220 g chocolate buttons.

RECOMMENDED
RETAIL PRICE

10.00 €
PER KG

BONUS

This is a good healthy option
for those looking for a treat as
it contains less fat.

EVERYDAY LOAF

INGREDIENTS

Recipe for 55 baguettes of 350 g (approximately)

Bagatelle Flour T65
Water

10 kg
6.5 to 7 L

Autolyse : 30 minutes

Salt
Yeast
«Top fournils»
(quality enhancer)

180 g to be added in the final stage of mixing
80 to 100 g
80 to 100 g

METHOD

Base temperature : 53 to 54°C

Mixing

Oblique
mixer

Recommended dough temperature :
22.5 to 23°C

Low speed 7 - 8 mins
Medium speed 14 mins

Fermentation

5 mins in mixing bowl

Scaling

350g portions, slightly elongated shape

Resting

20 – 30 minutes

Moulding

Moulding and cold storage. Keep at low temperature, 3-4°C
Reheating : at 18°C for 3 ½ hours to 4 hours

Baking

Bake the dough young (not overly fermented)

RECOMMENDED
RETAIL PRICE

3.40 €

PER KG

BONUS

This baguette goes well with
all kinds of everyday meals

TOURTE DE MEULE



INGREDIENTS

Flour T80	1 000 g
Water	700 g
Salt	23 g
Liquid sourdough	500 g
Yeast (optional)	1 to 2 g

■ Recommended autolyse : 1 hour

■ Base temperature : 64°C

■ Apply 100 g water wash as soon as the dough becomes smooth

METHOD

■ Mixing

■ Oblique mixer

■ Spiral mixer

■ Recommended dough temperature : 23 to 25°C

Low speed

10 à 12 mins

10 à 12 mins

■ Fermentation

3 hours with a break after 1 hour and 2 hours

■ Dividing

1 ½ - 2kg portions

■ Shaping

Round very light rounding and place in the breadbasket straightaway, seam on

■ Final proofing

In cold storage overnight at 3°C

■ Baking

Decreasing heat

RECOMMENDED
RETAIL PRICE

4.50 €
PER KG

BONUS

Stoneground flour is rich in mineral salts, vitamins and fibre.

PAIN DES GAULTS

INGREDIENTS

Flour 1 000 g
Water 700 g
Salt 23 g
Liquid sourdough 500 g
Yeast (optional) 1 to 2 g

■ Recommended autolyse : 1 hour

■ Apply 100 g water wash as soon as the dough becomes smooth

METHOD

■ Mixing

■ Standard mixer

■ Spiral mixer

■ Recommended dough temperature : 23 to 25°C

Low speed 10 to 12 mins 10 to 12 mins

■ Fermentation

3 hours with a break after 1 hour and 2 hours

■ Dividing

1 piece of dough

■ Moulding

Light moulding on a baking sheet or floured breadbasket, seam on top

■ Proofing

In cold storage overnight at 3°C

■ Baking

Decreasing heat for 1hour 15 mins

NOTE

It is possible to add 70 g toasted seeds soaked in 70 g water (per kg of dough) at the final stage of mixing.

RECOMMENDED

4.50 €

RETAIL PRICE PER KG

BONUS

CRC @ Wheat flour and rye
"Pain des Gaults" goes very well
with game, stews and cheeses of
distinction.



TOURTE DE SEIGLE

INGREDIENTS

Rye flour	1 000 g
Water at 70°C	700 to 750 g
Salt	25 g
Liquid sourdough	700 g

METHOD

Mixing

- Standard mixer
- Spiral mixer

Low speed 8 to 10 mins 8 to 10 mins

Fermentation

1 ½ to 2 hours in a fermentation trough

Scaling

1.250kg portions in order to obtain 1kg baked loaves

Shaping

Round very lightly and place dough straightaway in the breadbasket, seam on top

Final proofing

20 to 30 mins at room temperature

Baking

In the oven on high with steam on decreasing heat.

Cooking time : 1 hour approx.

NOTE

A good "tourte de seigle" has an aroma of honey and gingerbread

RECOMMENDED
RETAIL PRICE
4.50 €
PER KG

BONUS

This bread is well known for being good for the health

INGREDIENTS

Flour	1 000 g
Water	670 g
Salt	20 g
Liquid sourdough starter	200 g
Yeast	6 to 8 g

■ Apply 100 g water wash as soon as the dough becomes smooth

METHOD

Mixing

■ Standard mixer
■ Spiral mixer
■ Recommended dough temperature : 22 to 23°C

Low speed 10-12 mins

Medium speed 4-6 mins

Low speed + 2-3 mins

100 g water

10-12 mins

4-6 mins

2-3 mins until the dough becomes smooth

Fermentation

1 ½ hours with a fold after 45 mins

Dividing

350g portions. Elongated shape

Resting

20 mins

Moulding

Mould firmly without deflating the dough, place on floured baking sheets, seam on top

Final proofing

At room temperature: maximum 30 to 45 mins at 8-10°C for approx. 4 hours

Baking

On decreasing heat for approx.. 1 ¼ hours

NOTE

Bulk fermentation is possible, after mixing – ferment for 30 mins, fold once and keep at 3°C

RECOMMENDED
RETAIL PRICE

4.50 €
PER KG

TERRON

GORDE DU TERROIR

POINTAGE BAC

INGREDIENTS

Flour	1 000 g
Water	670 g
Salt	20 g
Liquid sourdough starter	200 g
Yeast	7 g

■ Base temperature : 52 to 54°C

■ Apply 100 g water wash as soon as the dough becomes smooth

METHOD

■ Mixing

■ Standard mixer	10 mins	■ Oblique mixer	10 mins	■ Spiral mixer	10 mins	■ Recommended dough temperature : 22 to 23°C
■ Low speed	1 to 2 mins	■ Medium speed	2 to 4 mins	■	1 to 2 mins	

■ Fermentation

30 minutes, with one fold and cold storage at 2 – 4°C

■ Dividing

Cut into strips on the board

■ Moulding

Twist in the flour

■ Final proofing

20 to 30 mins

■ Baking

In a very high oven with very little steam then on decreasing heat

NOTE

When dividing by machine, weighing the troughs straight after mixing is advisable

■ Weight of dough pieces

330 g for ½ lb

620 g for 1 lb

1200 g for 2 lbs

**RECOMMENDED
RETAIL PRICE**

**4.40 €
PER KG**

BONUS

CRC @ Wheat flour and rye
"La Corde" is rich in fibre

INGREDIENTS

Spelt flour	1 000 g	Recommended autolyse : 30 minutes
Water	700 g	
Spelt sourdough	200 g	
Yeast	5 g	
Salt	20 g	
Water for wash	50 g	

METHOD

- Mixing
12 to 13 minutes at low speed, apply water wash as soon as the dough becomes smooth (8 to 10 mins)
(1 to 2 minutes at medium speed if needed)
- Fermentation
30 minutes, fold and store in fermentation trough at 3°C
- Dividing
400g, lightly rounded shape
- Resting
30 to 40 minutes
- Moulding
Into sticks, on a floured baking sheet, seam on top
- Final proofing
45 mins approx.
- Baking
Decreasing heat

NOTE

Spelt sourdough starter can be refreshed in the same way as ordinary sourdough :
500 g mother dough : 1.5 kg spelt flour and 750 g water at 40°C

RECOMMENDED
RETAIL PRICE

5.00 €
PER KG

BONUS

Spelt bread is rich in magnesium, calcium and phosphorous

PUR'EPEAUTRE

BRUN DE PLAISIR



OATMEAL SOURDOUGH

Liquid mother dough	300 g
Gruau flour T 45	1 000 g
Milk at 45°C	450 g
Fermentation (at room temperature)	2 ½ to 3 h

INGREDIENTS

«Brun de plaisir» flour	1 000 g
Salt	20 g
Yeast	5 g
Water	780 to 800 g
Gruau sourdough	200 g
Honey	10 g

METHOD

Mixing	10 mins at low speed, 3 to 5 mins at medium speed
Dough temperature	23 to 24°C
Fermentation	30 mins, fold and store overnight at 3°C
Scaling, shaping	350g portions, shaped into balls
Resting	20 mins approx.
Moulding	into sticks
Final proofing	1 ¼ to 1 ½ h approx.
Baking	At 235°C

“Brun de plaisir” can also be baked in sandwich loaf tins

**RECOMMENDED
RETAIL PRICE** **5.00 €
PER KG**

VARIETIES

WHOLE FRUIT LOAF

Dried apricots	100 g
Sultanas	100 g
Toasted hazelnuts	100 g
Cinnamon	1 g
Nutmeg	0.5 g
Pepper	0.5 g
Water	~ 40 g

WHOLE LENTIL LOAF

Green lentils	100 g
Lentils must be soaked the previous day in 100 g water	

Lentils are a good source of fibre and amino acids, vital for good health!

**RECOMMENDED
RETAIL PRICE** **7.00 €
PER KG**

**RECOMMENDED
RETAIL PRICE** **5.50 €
PER KG**

INGREDIENTS

Bagatelle flour	750 g
T80 stoneground flour	200 g
T130 rye flour	50 g
Honey	100 g
Sourdough starter	100 g
Salt	18 g
Yeast	10 g
Water for wash	100 g
Autumnal mix	400 g

METHOD

- Mixing**
15 mins at low speed, add 50 g water as soon as the dough no longer sticks to the sides of the bowl, then mix in the autumnal mix at low speed
- Fermentation**
30 mins, fold once and put in cold storage overnight at 3°C
- Scaling**
350 g pieces of dough, rounded shape
- Resting**
30 mins approx.
- Moulding**
Into short sticks and score with leaf pattern
- Final proofing**
45 mins to 1 hour
- Baking**
Bake at 240°C, then cook at decreasing heat

PAIN DE LA RENTRÉE



RECOMMENDED
RETAIL PRICE

12.00 €
PER KG

TRAVERSE T80

INGREDIENTS

T80 flour 10 kg
Water 6.5 L
Salt 200 g
Yeast 50 to 70 g
Liquid sourdough starter 1 to 2 kg

Recommended autolyse : minimum 1h
Apply 300 to 500 g water wash as soon as the dough becomes smooth

METHOD

Mixing Base temperature : 55 to 60°C

Low speed 10 to 12 mins
Medium speed 1 to 2 mins

Recommended dough temperature: 23°C

Fermentation
30 mins

Scalling
In fermentation trough, fold once, put in cold storage overnight at 2-3°C
Divide up and shape

Resting
45 mins to 1 hour

Moulding
By hand or machine

Final proofing
45 mins to 1 hour

Baking
On high heat

RECOMMENDED
RETAIL PRICE

4.50 €
PER KG

BONUS

Traditional French T80 flour
from CRC® wheat
This bread is a good source
of fibre and mineral salts

INGREDIENTS

Toscana flour 1 000 kg
Water 660 g
Liquid sourdough starter 200 g
Yeast 7 g

Base temperature : 54 - 56°C

METHOD

Mixing

10 mins at low speed then 2 to 3 minutes at medium speed

■ BEWARE of over mixing; the dough becomes smooth very quickly

Fermentation

Bulk fermentation for 1 hour with two folds at 20 and at 40 minutes

Cutting

1.250g portions, loosely shaped
Place in lightly floured breadbaskets

Put in cold storage overnight at 3°C

Baking

Bake at the same temperature as everyday bread, "pain courrant" then at decreasing heat for approx. 45 minutes

Soak pecan nuts in water the previous day

Mix 200 g pecan nuts and 30 g nut oil for 1 kg of dough

VARIETY

RECOMMENDED
RETAIL PRICE

4.50 €
PER KG

TOSCANA



TOUR DE MAINS



INGREDIENTS

Flour	1 000 g	■ Base temperature : 70°C
Water	600 g	
Liquid sourdough starter	150 g	
Salt	18 g	
Yeast	10 g	
Honey	18 g	■ Dough temperature : 25/27°C
Water for wash	200 g	

METHOD

- **Mixing**
20 mins at low speed, apply water wash after 10 minutes
- **Scaling**
Weigh directly in the mould (1500 g dough for a 1000 g mould)
Smooth the surface with water
- **Final proofing**
1 ½ hours at 25°C
- **Baking**
Cover with seed mix and bake at 235°C then cook on decreasing heat for approx. 1 hour

■ Fruit Variety

Add at the final stage of mixing, for 1 kg of dough :

Dried apricots	90 g
Cranberries	90 g
Prunes	90 g
Toasted hazelnuts	50 g

Continue as above

NOTE

The bread can be thoroughly dried

PLAIN

RECOMMENDED
RETAIL PRICE

5.50€

LE KILO

FRUIT LOAF

RECOMMENDED
RETAIL PRICE

7.00€

LE KILO

PAIN DE MIE



INGREDIENTS

Gruau T 45 1 000 g
Water at 70°C 350 g
Milk at 70°C 200 g

Mix for 4 minutes on low

Leave to cool to 23°C before mixing

Salt 18 g
Liquid sourdough starter 100 g
Sugar 40 g
Yeast 40 g
Eggs 50 g
Honey 20 g
Butter 100 g

6 minutes on low
5 minutes on medium

4 / 5 minutes on low

METHOD

Mixing
15 minutes

Scaling

Weigh out 1 kg pieces and shape (1 000 g sandwich loaf tin)

Resting
10 minutes

Moulding

In the baking tin

Final proofing
Up to ¾ of the mould

Baking
210°C for approx. 40 minutes

VARIETY

Turmeric : 5 g per kg of dough
Vegetable charcoal: 5 g per kg of dough

RECOMMENDED
RETAIL PRICE

4.50€
LE KILO

BRIOGHE MAISON



OATMEAL SOURDOUGH

Liquid mother dough 300 g
Gruau T45 flour 1 000 g
Milk at 45°C 450 g
Fermentation (at room temperature) 2 ½ to 3h

INGREDIENTS

Gruau T45	1 000 g	
Milk sourdough starter	1 750 g	
Salt	140 g	
Egg	2 200 g	
Milk	1 400 g	
Honey	350 g	
Sugar	700 g	
Yeast	280 g	
Butter	1 500 g	

Mix on low speed until the dough becomes smooth

Add gradually then mix the dough until smooth on low speed

Add 2 to 3 on low

Add and mix on low until smooth

METHOD

- Mixing
40 to 45 minutes
- Bulk fermentation
2 hours. Divide up and shape
- Resting
20 minutes then mould into the required shape
- Final proofing
Up to ¾ of the mould
- Baking
Once brioche is browned, cook on low heat. Deck oven: 150 to 160°C.
Fan oven: 140 to 150°C

Leave the brioche to cool for 1 hour before packaging, set them out in one layer and keep them dry and away from sunlight.

RECOMMENDED
RETAIL PRICE

8.00€
LE KILO

BONUS

This brioche has a long shelf life and is guaranteed to contain no additives. It should be kept in its wrapping.

GROISSANT

INGREDIENTS

Gruau T45 flour	1 000 g
Water	250 g
Salt	20 g
Milk	200 g
Liquid sourdough starter	100 g
Yeast	30 to 40 g
Sugar	30 to 40 g
Eggs	140 g
Fat (Sheet butter)	50 g
Sheet butter	50 g
	500 g

METHOD

Mixing

Standard mixer

Spiral mixer

Low speed 8 to 10 mins
Medium speed 1 to 2 mins

8 to 10 mins
1 to 2 mins

Fermentation

Roll, wrap in film and leave overnight at 2-3°C

Turning

One double turn then one single or two double turns

Resting

30 to 40 mins approx. at low temperature

Cutting

Into the desired shape

Final proofing

2 to 2 ½ hours at 23°C

Baking

210 to 220°C

NOTE

Before cooking the dough can be left in cold storage until the following day

RECOMMENDED
RETAIL PRICE

0.90€
EACH

BONUS

Made only with Label Rouge flour and top quality, well sourced ingredients.

INVERTED PUFF PASTRY

Kneaded butter

- Sheet butter 900 g
 - Puff pastry flour 360 g
- Mix in one sheet at a time then reshape.
■ Leave overnight at low temperature

INGREDIENTS

Preparing the pieces of dough

- Puff pastry flour 1 000 g
 - Water 500 g
 - Salt 20 g
- Round the dough after standard mixing.
■ Leave refrigerated overnight

The following day lay out the kneaded butter, place the piece of dough inside, fold over and make a single turn, refrigerate your dough once again (for at least 1 hour).

METHOD

Repeat the process until you have completed five turns, then leave the dough overnight in the refrigerator before cutting.

NOTE

The temperature of the kneaded butter must be between 12 and 14° for the first turn.
The first rest period before the second turn must also be at this same temperature to prevent the dough from tearing, the rest of the process should be done at a temperature of 3 degrees.



TROUBLE SHOOTING

	FAULTS IN BAKED GOODS													FAULTS IN RAW GOODS												
	Lack of volume	Fiat loaf	Bent loaf	No scoring	Ragged break	Dull crust	Thick crust	Soft crust	Pale crust	Reddened crust	Blisters on crust	Flaky crust	Sticky crumb	Tight crumb	Crumbly crumb	Acidic crumb	Weak dough	Strong dough	Difficulty in smoothing	Difficulty in rising	Sticky dough	Crusty dough	Slack dough			
MOST COMMON FAULTS ❖ ●																										
OTHER POSSIBLE FAULTS																										
FLOUR																										
Too firm	●			●			●														●					
Not firm enough								●													●					
Too warm	❖						●																			
PRE-FERMENTATION																										
Excessive or acidic (sourdough or PF)	●						●														●					
Not yeast enough	●						●														●					
Too yeast							●																			
ADDITIVE																										
Too much	●						●														●					
SALT																										
Too little salt																										
Too much salt																										
MIXING																										
Insufficient initial mixing	❖						●														●					
Insufficient mixing	❖						●														●					
Over mixing	●						●														●					
Lack of hydration	❖						●														●					
Over hydration	●						●														●					
Dough too cold	●						●														●					
Dough too warm	●						●														●					

OUR FLOURS

OUR BREADMAKING FLOURS LABEL ROUGE BAGATELLE



La Farine T65 - La Farine T65
La Farine de Meule T80



CRC® Traditional French Bagatelle T65 suitable for all types of breadmaking
CRC® Bagatelle T80 Stoneground flour for stoneground bread
CRC® Bagatelle Gruau T45 flour Perfect for yeast doughs and pastries

WHEAT BREADMAKING FLOUR

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Mie Crème flour T65
Flour Plus T55

OUR COUNTRY RANGE

Our country range includes our «pure» flours and our «special» flours without additives

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CRC® Whole flour T150 Brun de Plaisir
Pain des Gautis CRC® stoneground and rye
CRC® Rye flour T130 / T170
Pur' spelt Epeautre
Toscana Tradition T80
Terron wheat and buckwheat
Corde wheat and rye
Chestnut flour
Buckwheat flour



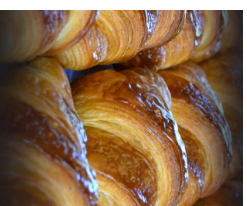
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Perbelle Wheatflour T80/T110/T150 stoneground
Perbelle Ryeflour T130 / T170 roller milled
Perbelle Brown spelt
Perbelle Small spelt
Perbelle 6 cereals
Perbelle buckwheat
Perbelle quinoa
Perbelle kamut
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Mixed seeds

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SPECIAL WHOLEGRAIN & OTHER VARIETIES

Summer baguette	Montagnou	Wholewheat-com
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Dark rye	Country	Vienna bread
Germagrain	Chestnut	Mixed seeds
All Black	Rye	Dried fruit

Foricher



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