

Gluten-free Square Tin Loaf, start point formulation

B001-02.24

PEKTOS Beet Fiber BF 5 C and Apple Fiber AF 3 C

Dough weight / Input approx. 15,000g

	[g or ml]	approx. [%]
Gluten-free flour blend	8,000	53.10
Water (quantity depends on flour blend and required dough firmness)	5,000	33.20
PEKTOS Beet Fiber BF 5 C	250	1.66
PEKTOS Apple Fiber AF 3 C	50	0.33
Millet flakes	300	2.00
Psyllium seeds	50	0.33
Salt	150	1.00
Sugar	250	1.66
Margarine (room temp.)	750	5.00
Instant dry yeast	250	1.66
TOTAL approx.	15,050	100.00
Yield approx.	13,500	90.00

Process:

1. Mix water and yeast. Mix in the fibers, millet flakes and psyllium seeds and let stand for 10 minutes.
2. Mix in the margarine, sugar and salt, then the flour blend.
3. Mix thoroughly for about 5 minutes to a smooth dough.
4. Divide into 1,500g pieces, work them into balls and place them in greased baking tins (approx. 1.5l volume) dusted with millet flakes.
5. Cover with a cloth and a plastic sheet.
6. Let rise for approximately 45 minutes in a warm place.
7. Brush with water.
8. Bake in a preheated oven at 200°C for approx. 50 minutes.
9. Let stand for 5 minutes before turning the loaves onto cooling racks.



B001-02.24, Gluten-free Square Tin Loaf, Beet Fiber BF 5 C, Apple Fiber AF 3 C.docx

The described formulation serves as a recommendation and was developed and tested in the laboratory of the PEKTOS AG. Since the product preparation can vary a lot between customers, we do not guarantee the applicability of this information or the suitability of our products in each situation. Sometimes, it may be necessary to adapt instructions. Compliance with the food law is the responsibility of the customer.