

法式面包预拌粉

L'amourette

CONCENTRATE FOR
ARTISAN FRENCH-STYLE BREAD

一款适用于法式手工面包的预拌粉



- RUSTIC, CRISP CRUST
松脆表皮
- COARSE, LIGHT CRUMB TEXTURE
粗糙，浅色纹理
- AROMATIC SMELL
怡人香味

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手工法棍配方

高筋面粉	10.000 千克
法式面包预拌粉	1.000 千克
干酵母	0.100 千克
水, 约	7.800 升 (分两次加入水)
总重	18.900 千克

搅拌时间:	螺旋式: 慢速2分钟, 快速10分钟
面团温度:	26 - 27° C
松弛时间:	20分钟
分割重量:	0.320 千克
中间发酵时间:	20 - 25分钟
最后发酵时间:	表面覆盖, 在室温下放置约90分钟
烘焙温度:	230° C, 降温至210° C, 加入蒸汽
烘焙时间:	28 - 30分钟
操作说明:	将松弛后的面团分割并让其发酵。在中间发酵后, 轻柔地将面团搓成两头尖的法棍形状, 在面粉中滚一下, 放在布上, 撒上面粉让其发酵。最后发酵完成后, 将法棍放在托盘或者烤纸上, 直接在烤箱底层烘焙。

Recipe for rustic baguettes

Bread flour	10.000 kg
L'AMOURETTE	1.000 kg
Instant yeast	0.100 kg
Water, approx.	7.800 l (add the water in two steps)
Total weight	18.900 kg

Mixing time:	spiral: 2 mins slow, 10 mins fast
Dough temperature:	26 - 27° C
Bulk fermentation time:	20 mins
Scaling weight:	0.320 kg
Intermediate proof:	20 - 25 mins
Final proof:	covered at ambient temperature for approx. 90 mins
Baking temperature:	230° C, dropping to 210° C, giving steam
Baking time:	28 - 30 mins
Instructions for use:	After the bulk fermentation time, scale the dough and allow to prove. After the intermediate proof, mould the dough pieces gently into baguettes with pointed ends, roll in flour, place on cloths dusted with flour and allow to prove. After the final proof, place the baguettes on setters or baking paper and bake directly on the oven bottom.

恰巴塔配方

高筋粉	9.000 千克
法式面包预拌粉	1.000 千克
橄榄油	0.200 千克
干酵母	0.080 千克
水 (约. 8° C)	7.800 升 - 8.000 升 (分两次加入水)
总重	18.080 千克 - 18.280 千克

搅拌时间:	螺旋式: 慢速3分钟, 快速10分钟
面团温度:	24 - 25° C
松弛时间:	60分钟
分割重量:	0.100 千克
最后发酵时间:	20分钟
烘焙温度:	230° C, 加入蒸汽, 降温至200° C
烘焙时间:	30 - 35分钟
操作说明:	把面团放入带油的塑料盆内醒发。然后翻转面团, 将其放在铺上面粉的桌上, 将在表面撒上过面粉的面团分割至想要的重量, 然后放入烤盘。在最后发酵之后, 加上蒸汽并烘焙。

Recipe for ciabatta

Bread flour	9.000 kg
L'AMOURETTE	1.000 kg
Olive oil	0.200 kg
Instant yeast	0.080 kg
Water, (approx. 8° C)	7.800 l - 8.000 l (add the water in two steps)
Total weight	18.080 kg - 18.280 kg

Mixing time:	spiral: 3 mins slow, 10 mins fast
Dough temperature:	24 - 25° C
Bulk fermentation time:	60 mins
Scaling weight:	0.100 kg
Final proof:	20 mins
Baking temperature:	230° C, giving steam, dropping to 200° C
Baking time:	30 - 35 mins
Instructions for use:	Allow the dough to prove in oiled plastic bowls. Then turn the dough onto a table covered with flour. Dust the dough with the flour, then divide into the desired scaling weight and place on setters or trays. After a short final proof, load giving steam.