

# 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 x 0.55 = 27.5 kg

30 x 0.3 = 9 Kg

27.5 + 9 = 36.5 Kg dough

Weight of flour : 36.5 x 100 ÷ 163 = 22.4 Kg flour

Litres of water : 36.5 x 63 ÷ 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, texture 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 texture 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.*

*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 »*

## DAILY REFRESHMENT

Mother dough : 1 kg  
Traditional flour : 3 kg  
Water at 45-50°C : 3 L

Mix together then store at 4-5°C

# HYDRATION RATES WITH LIQUID SOURDOUGH

AMOUNT OF SOUDOUGH	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 SOUDOUGH	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  
Water 700 g  
Salt 20 g  
Yeast 6 to 8 g  
Sourdough starter 100 g

Autolyse : 2 hours

## METHOD

- Mixing**  
Low speed 10 mins Recommended temperature : 23°C
- 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  
RETAIL PRICE

4.00 €  
PER KG

BONUS

CRC® wheat flour, with the lowest glycemic 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	■ Oblique mixer	■ Spiral mixer	■ 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  
Water 700 g  
Salt 20 g  
Yeast 6 to 8 g  
Liquid sourdough starter 200 g

Autolyse : minimum 1 hour

Apply 30 to 50 g water wash  
as soon as the dough  
becomes smooth

+ 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.

# MULTIGRAIN

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

<b>INGREDIENTS</b>	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	■ Recommended dough temperature : 23°C
Medium speed	2 to 4 mins	

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, Omega-3 and vitamin A.

# 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.

## INGREDIENTS

■ Recipe for 55 baguettes of 350 g (approximately)

Bagatelle Flour T65 10 kg  
Water 6.5 to 7 L

■ Autolyse : 30 minutes

Salt 180 g to be added in the final stage of mixing  
Yeast 80 to 100 g  
«Top fournil» 80 to 100 g  
(quality enhancer)

## 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

# EVERYDAY LOAF



# TOURTE DE MEULE



<b>INGREDIENTS</b>	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.

## 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  
RETAIL PRICE

4.50 €  
PER KG

BONUS

CRC © Wheat flour and rye  
“Pain des Gaults” goes very well  
with game, stews and cheeses of  
distinction.

# PAIN DES GAULTS



# TOURTE DE SEIGLE

<b>INGREDIENTS</b>	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
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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



# TERRON

## 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	10-12 mins
Medium speed	4-6 mins	4-6 mins
Low speed + 100 g water	2-3 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



# CORDE 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

■ Oblique mixer

■ Spiral mixer

■ Recommended dough temperature : 22 to 23°C

Low speed 10 mins

10 mins

10 mins

Medium speed 1 to 2 mins

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
Water	700 g
Spelt sourdough	200 g
Yeast	5 g
Salt	20 g
Water for wash	50 g

■ Recommended autolyse : 30 minutes

## 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

**RECOMMENDED  
RETAIL PRICE**

**5.00 €  
PER KG**

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

## 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

**RECOMMENDED  
RETAIL PRICE** 7.00 €  
PER KG

### WHOLE LENTIL LOAF

Green lentils	100 g
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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** 5.50 €  
PER KG

# PAIN DE LA RENTRÉE

<b>INGREDIENTS</b>	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

**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

Scaling  
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

# TOSCANA

## 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 courant" then at decreasing heat for approx. 45 minutes

Soak pecan nuts in water the previous day

## VARIETY

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

RECOMMENDED  
RETAIL PRICE

4.50 €  
PER KG



# TOUR DE MAINS



## INGREDIENTS

Flour	1 000 g
Water	600 g
Liquid sourdough starter	150 g
Salt	18 g
Yeast	10 g
Honey	18 g
Water for wash	200 g

■ Base temperature : 70°C

■ Dough temperature : 25/27°C

## 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



## INGREDIENTS

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

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
--------	-------

Mix for 4 minutes on low

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

# PAIN DE MIE



# BRIOCHE 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.

# CROISSANT

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	140 g
Eggs	50 g
Fat (sheet butter)	50 g
Sheet butter	500 g

## METHOD

### Mixing

	Standard mixer	Spiral mixer
--	----------------	--------------

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

## INGREDIENTS

### 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

### 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

## METHOD

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).

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

● MOST COMMON FAULTS ◆ OTHER POSSIBLE FAULTS	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
<b>FLOUR</b>																							
Too firm	●		●	●	●									●				●	●			●	
Not firm enough		●		●							●						●						●
Too warm	◆			●		●								●				●	◆			●	
<b>PRE-FERMENTATION</b>																							
Excessive or acidic (sourdough or PF)	●		●	●	●	●	●		●	◆				●		◆		◆	◆			●	
Not yeast enough	●	●															●			●			●
Too yeast			●					◆		●				●	◆			●					
<b>ADDITIVE</b>																							
Too much	●		●	●	●						●			●				●	●				
<b>SALT</b>																							
Too little salt		●							●					●			●				●	●	●
Too much salt														●			●		●				
<b>MIXING</b>																							
Insufficient initial mixing	◆			●										●			●						
Insufficient mixing	◆	●			●					●		●	●	●			●		●		◆		
Over mixing	●	●		●							◆			●									●
Lack of hydration	◆		◆	●	●	●	●							◆	◆							●	
Over hydration	●	◆			●			●	●	◆		●					●				◆		◆
Dough too cold	●	◆							●	●							◆						◆
Dough too warm				◆	◆	●	●			●				●	◆			◆	●			◆	

# TROUBLE OF SHOOTING

<div style="text-align: center;">                       MOST COMMON FAULTS                 </div> <div style="text-align: center; margin-top: 10px;">                       OTHER POSSIBLE FAULTS                 </div>	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
<b>FERMENTATION</b>																							
Under fermented	●	◆		●					●	●			●	●		◆			●	●			●
Over fermented			◆	◆	●	●	●		●	●					●		◆						
<b>HANDLING</b>																							
Too loose		●								●						●							●
Too firm	◆		●	●	●								◆										
Over flouring	●					◆	●														◆		
<b>PROOFING</b>																							
Insufficient proofing	●		●		●									●									
Excessive proofing		●		●							◆												
<b>BAKING</b>																							
Poor scoring	●	●	●	◆	◆																		
Not hot enough	●						◆		●														
Too hot			◆					●	●	●													
Lack of steam	◆	●	●		◆	◆	◆																
Too much steam				●						●													
Too short							◆	◆				◆											
Too long							◆																
<b>MISCELLANEOUS</b>																							
High hygrometry level			●	●	●	●	●	◆	●	◆										●	●		●
Low hygrometry level				●															●		●		●
Baking sheets too dry			●	●	●	●	●												●		●		●
Baking sheets too damp				●					●	◆										●		●	●

# OUR FLOURS

## OUR BREADMAKING FLOURS LABEL ROUGE BAGATELLE



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

*For everyday bread & French Tradition*

*French Tradition T65 suitable for all types of breadmaking*  
 CRC®Bleuette Flour T65 *for everyday bread*  
 Mie Crème flour T65  
 Flour Plus T55

## OUR COUNTRY RANGE

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

Tour de Mains *stoneground, spelt, rye and seeds*  
 CRC® Whole flour T150 Brun de Plaisir  
 Pain des Gaults 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



## ORGANIC FLOURS



Perbelle Wheatflour T65 *roller milled*  
 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  
 Perbelle gluten free  
 Mixed seeds

## PASTRY & CAKE FLOURS

CRC® Special Puff Pastry T55  
 CRC® Cake Flour US - T55



## SPECIAL WHOLEGRAIN & OTHER VARIETIES

Summer baguette	Montagnou	Wholewheat-corn
Multigrain	Picograin	Gingerbread
Dark rye	Country	Vienna bread
Germagrain	Chestnut	Mixed seeds
All Black	Rye	Dried fruit



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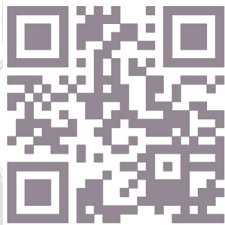
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