



MEULE T80

T80 Stone-ground wheat flour



— PRODUCT ADVANTAGES —

› Ideal wheat flour for an old-style bread with a soft and characteristic flavour:

- Wheat flour grounded by the stone-ground process
- Light and opened crumb
- Nice and toasted crust

› Good Volume

simplifiez votre quotidien

Moul-Bie





MEULE T80



1 000 g

Meule T80



720 g + 80 g*

Water

*At the end of the mixing



6-8 g

Fresh yeast



18-20 g

Salt

Autolysis (optional)

30-60 min

Direct method

Slow fermentation

Mixing



Slow speed: 10 mn
Fast speed: 2-4 mn



Slow speed: 12 mn
Fast speed: 6-8 mn



Final dough temperature:
24-25°C

1st fermentation

1h30 - 1h45

Give a fold after 45 mn



2-4°C

Give a fold after 45 mn
Overnight in a chiller

Dividing



600 g

Chosen weight

600 g

Chosen weight

Resting time



20-30 mn

30-40 mn

Shaping



Chosen form, In baskets or on clothes

Chosen form, In baskets or on clothes

Proving



25°C
30-45 mn

25°C
45-60 mn

Baking



250-260°C
(With steam)
35-40 mn for 600 g

250-260°C
(With steam)
35-40 mn for 600 g

Ingredient

T80 Stone-ground **wheat** flour

Nutrition declaration per 100 g of flour

Energy (kJ)	1 418
Energy (kcal)	335
Fat (g)	1,5
of which saturates (g)	0,3
Carbohydrate (g)	67,0
of which sugars (g)	1,4
of which starch (g)	65,6
Fibre (g)	5,3
Protein (g)	10,7
Salt (g)	0,01



TOGETHER FOR
TASTE