

# My GrainbreadMix

Premix for the production of My Grainbread

Mein Kornbrot®

backaldrin®



## RECIPE

### Swelling dough

10.000 kg **My GrainbreadMix** (2062)  
9.500 kg water 45 – 50 °C (approx.)  
19.500 kg Swelling dough  
(resting time: minimum 60 minutes)

### Dough

19.500 kg swelling dough  
0.070 kg yeast\*  
0.300 kg water (approx.)  
19.870 kg Dough

\* When tripling the amount: reduce yeast to 0.6 %.

### Processing

Mixing time: 10 – 12 minutes at low speed  
Mixer: spiral  
Dough temperature: 30 – 32 °C  
Resting time: approx. 2 hours  
(high maturity\*\*)  
Fermentation time: approx. 30 minutes  
(**My Grainbread** tin – full)  
Scaling weight/piece: 1.850 kg in **My Grainbread** – tin (2.2 l)  
Oven temperature: 240 °C falling to 200 °C  
Baking time: 60 minutes  
Pasteurisation: 120 minutes at 110 – 115 °C

\*\* Dough surface starts to collapse.

### Preparation

Mix **My GrainbreadMix** (2062) with water and leave to swell for at least 60 minutes. Dissolve yeast in the remaining water and knead to form a very soft dough. After resting time, place into greased forms. Weigh out, smooth the surface and sprinkle with oat flakes. After fermentation time of approx. 30 minutes, bake with steam for about 1 – 2 minutes. Bake at a falling temperature. Slice bread after cooling down and pasteurise in backaldrin pasteurising bags.

### Scan for the demonstration video:



## SALES ARGUMENTS

- ♪ **My Grainbread – Mein Kornbrot®** is a wholegrain bread consisting of wholegrain flour and shredded cereals, with excellent succulence and long lasting freshness.
- ♪ Through the use of whole grain, **My Grainbread** also contains the rich outer layer of the wheat seed and is therefore rich in dietary fibre (7 %).
- ♪ **My Grainbread** is highlighted by its nutty, grainy bite and spreading stability. It goes perfectly with light spreads combined with fresh vegetables (tomatoes, cucumbers, carrots, sweet peppers).
- ♪ If you are looking for bread with fewer calories, **My Grainbread** - with less than 200 kcal/100 g – would be the best choice on the bread rack.
- ♪ Baked without any preservatives, **My Grainbread** remains fresh for up to 6 weeks! To achieve this extraordinarily long freshness, the sliced bread is packed into special heat resistant plastic bags and then pasteurised during a second baking process.
- ♪ **My Grainbread** is completely free of e-numbers.
- ♪ **My Grainbread** is a real wholegrain bread: it contains 6 different types of grain (wheat, rye, oat, rice, barley and millet), the pseudo cereal buckwheat and 2 oilseeds (sunflower seeds, linseeds).
- ♪ The glycemic index of My Grainbread is 34. According to the “Glyx-Diet” anything under the level of 55 can be enjoyed without a guilty conscience.



## PASTEURISE IN THE BAKERY

To extend the shelf life without using preservatives, we recommend the following process:

- ♪ Bake **My Grainbread** for 60 minutes, as indicated in the recipe.
- ♪ Allow **My Grainbread** to cool completely.
- ♪ Cut **My Grainbread** and pack it into the special bag, provided by backaldrin.
- ♪ Seal the special bags with conventional wire clips or heat-resistant tape.
- ♪ Put the packs “loosely” on the baking trays – about 15 pieces (each 0.500 kg) or 30 pieces (each 0.250 kg) per tray (58 x 78 cm).
- ♪ “Pasteurise” in the oven (rack or rotary rack oven). The pre-heated baking temperature should be 110 to 115 °C and it must not rise above 120 °C.
- ♪ Pasteurisation time: 80 – 90 minutes for 0.250 kg packaging and 110 – 120 minutes for 0.500 packaging.
- ♪ Required core temperature: 80 – 85 °C.
- ♪ This temperature is necessary to ensure the long shelf life.
- ♪ Allow to cool slowly! Too rapid cooling causes strong condensation within the package.

### Important

Observe the temperature and pasteurisation time exactly! **At too low temperature or with a too short pasteurisation time** one cannot achieve the desired germ elimination and therefore the desired shelf life. **At too high temperature** the bags will expand strongly and the appearance after cooling will be unattractive (bag too big and bulky).





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## Product information

**Product Number:** 2062

**Packaging:** 30 kg paper bag

### Product advantages:

- **My GrainbreadMix** is a natural raw mix, which simply consists of shredded cereals and wholegrain flour
- Contains 6 different kinds of grain (wheat, rye, oat, rice, barley and millet), one pseudo cereal (buckwheat) and 2 oil seeds (sunflower seeds, linseeds)
- **My GrainbreadMix** is characterised by very simple handling – the mix is worked into a very soft dough and filled into baking tins
- The simple production results in high product reliability
- **My GrainbreadMix** is also available in organic quality
- **My GrainbreadMix** also gives small and middle sized bakeries the possibility of securing a place in the industrially dominated market of long-shelf-life wholegrain breads

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Current information pertaining to the baked products, in terms of the food information regulation (EU-VO 1169/2011), may be obtained from your backaldrin consultant or via email to [info@backaldrin.com](mailto:info@backaldrin.com).

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