



Acti Levain R

RECIPE IDEAS

Baguette: a French classic

INGREDIENTS	QUANTITIES
White bread flour or type 55	1000 g
Water*	+/- 650 g
Acti Levain R	100 -150 g
AB Mauri Fresh yeast	2 g
Salt	18 g



PROCESS	
Temperature	50 - 54°C
Mixing (Spiral)	8 min 1 st speed and +/- 5 min 2 nd speed
Dough Temperature	23 - 25°C
Bulk fermentation	60 min
Division	Shape in an oval form 335 g
Resting Time	30 min
Shaping	Baguette shape and display on a baking cloth
Final Proof	12 hrs at 8°C
Baking	250°C in a floor oven, dropping temperature, approximately 20 min



Tips: Mix first flour and water then add the salt, yeast and Acti Levain Rye. Scarify your baguette making 5 cuts before baking.

* Adjust water depending on sourdough and flour quantity.

La Parisienne¹⁸⁸⁶
Levures Ingrédients

An Aromaferm™ product



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