

Jungbunzlauer

From nature to ingredients®



Gluten-free ancient grains sprouted bread (Vollkornbrot)

with Xanthan Gum

Ingredients	Supplier	Quantity		Baker's percentage
Dough				
1 Teff flour	Nuts.com	18.34 %	212.00 g	53.27 %
2 Brown rice flour	Nuts.com	6.15 %	71.00 g	17.84 %
3 Golden flaxseed flour	Nuts.com	6.15 %	71.00 g	17.84 %
4 Sweet white rice flour	Nuts.com	3.81 %	44.00 g	11.06 %
5 Xanthan Gum FNST	Jungbunzlauer	1.19 %	13.80 g	3.47 %
6 sub4salt® N1000	Jungbunzlauer	0.75 %	8.70 g	2.19 %
7 Glucono-delta-Lactone	Jungbunzlauer	0.57 %	6.60 g	1.66 %
8 Sodium Bicarbonate	Arm & Hammer	0.26 %	3.00 g	0.75 %
9 Yeast	Fleischmann's	1.13 %	13.00 g	3.27 %
10 Raw honey/granulated sugar	Domino's	3.72 %	43.00 g	10.80 %
11 Cider vinegar	Heinz	1.56 %	18.00 g	4.52 %
12 Water	NA	31.90 %	368.40 g	92.56 %
Sprouted inclusions				
13 Millet	Bob's Red Mill	12.99 %	150.00 g	37.69 %
14 Quinoa	Bob's Red Mill	3.68 %	42.50 g	10.68 %
15 Lentils	Bob's Red Mill	3.68 %	42.50 g	10.68 %
Topping				
16 Pumpkin seeds	Bob's Red Mill	3.68 %	42.50 g	10.68 %
17 Sesame seeds	McCormick	0.43 %	5.00 g	1.26 %
Total		100 %	1155 g	290.20 %

Directions

- 1 Combine millet, quinoa, lentils and 475 g of water in a bowl, cover with plastic wrap and let soak at room temperature for 24 hrs
- 2 Quinoa, lentils and millet will start to sprout, drain through a fine mesh strainer and return to bowl and cover with plastic
- 3 Spray loaf pan with vegetable oil
- 4 Combine warm water with yeast and honey/granulated sugar and let sit until bubbly, 15 min
- 5 Using a stand mixer fitted with a paddle, mix flours (teff, brown rice, golden flaxseed, sweet white rice, psyllium, xanthan gum, sub4salt®, glucono-delta-lactone, sodium bicarbonate), on low speed (2) until combined for 2 min
- 6 Slowly add yeast mixture and vinegar into the flour mix, combine at low speed (2) for 1 min
- 7 Add drained ancient grains (quinoa, millet) and pulse (lentil) and mix at slow speed (2) for 1 min
- 8 Increase speed to medium shear (6) for 6 min
- 9 Using a spatula, transfer dough to oiled baking tins
- 10 Smooth top and shape dough
- 11 Proof at room temperature 21 °C / 80 % RH for 45 min
- 12 Spray water on loaf and sprinkle on top sesame seeds and roasted pumpkin seeds
- 13 Bake at 175 °C with steam for 90 min
- 14 Takeout of oven and let cool down for 2 hrs

Nutrition Information

per 100 g (EU calculation)

Energy	270 kcal
Fat	6.00 g
of which saturated fat	0.50 g
Cholesterol	0 mg
Carbohydrates	45.00 g
of which sugar	4.00 g
Fibre	5.00 g
Protein	9.00 g
Sodium	260 mg

Nutrition Claims

- Gluten free
- 25 % sodium reduced



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The information contained herein is meant to demonstrate how our products can be used. This formulation has been subjected to limited stability tests and has been shown to perform well. The given data are suggestions without any guarantee aimed to support customers' development.