



*example*



### Organic country bread without bakers yeast

#### sourdough:

3000 g	wheat flour type 550 organic
3000 g	water
300 g	BackNatur activated Ferment organic

6300 g	sourdough	mixing:	2 minutes
		dough-temp.:	26 °C
		fermentation :	9 - 15 hours at 25 - 27°C

#### dough:

6300 g	sourdough
7000 g	wheat flour type 550 organic
100 g	organic butter or organic vegetable oil
100 g	organic baley malt extract
220 g	salt (add 2 minutes before end of kneading)
3400 g	water

17120 g	dough	kneading:	6 + 4 minutes
		dough-temp.:	25 - 26 °C
		bowl-resting:	40 - 60 minutes

#### production:

Devide the dough after the bowl resting time and form into rounds. Treat the dough carefully not to stress the pores too much. Put them in round floured baskets seem down. Weight 850 g.

#### final fermentation:

After 60-80 minutes in the proofer put them on the loading conveyor seems up and let them rest for 2 minutes.

#### baking:

Put them in the oven, first minute without steam. Then give medium steam. Bake 40 minutes at 230 - 240 °C. Open the vents the last 10 minutes for a crisp crust.

### *bakers tip:*

fermentation times are important  
rest- and proofing-times guarantee good results  
addition of yeast will shorten proof time, but  
will not increase the bread volume



BackNatur Trockenferment akti v organic  
is produced with the highest quality standards.  
it is available in 2 kg plastic bags or in bulk

it can be used directly to start an organic sour dough or  
multiplied in a pre-step process for cost-effective use

store at a cool and dry place  
up to 12 month shelf-life

ingredients: organic spelt-milling products, organic  
honey, salt

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www.oekolandbau.de www.bio-siegel.de www.tmel.de www.bundesprogramm.de



# Sourdough starter

## dried, active and organic

living organisms  
12 month shelf life  
for wheat, spelt and rye sourdoughs  
natural leavening, no yeast necessary

our product innovation at the IBA Hall A3 Stand 249

