



# Authentic French Flour

A flour deliberately sourced from a family miller in France. This flour is essentially like the French artisan baker would use.

## INGREDIENTS – FRENCH STICKS

	lbs	oz	kg	g	%
Flour	35	0	16	0	100
Yeast	1	1		480	3.0
Salt		12		340	2.1
Improver *		11½		320	2.0
Water	22	12	10	400	65

## INSTRUCTIONS

\* compound improver designed for no time dough and which contains special emulsifiers to aid dough stability and bread volume, together with special sugars, fat malt flour etc.

- Dough temp 27° C / 80°F
- Scale as required and give first mould for 30 minutes.
- Final moulding can be by hand or French stick moulder.
- Final length should be around 28".
- Prove on special French stick trays, an extended proof of 80- 100 mins at ambient temp of 20 - 24°C ( 68 - 75°F) or normal provers can be used with a final proof time of 40 -50 mins.



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