

# Gluten- and Lactose-free Rustic Sunflower Seed Bread



## Recipe

**Roasted Sunflower Seeds** 0,400 kg  
**Water** 0,100 kg

Mix the Water with the Sunflower Seeds, and let rest for approx. 30 minutes

**KOMPLET Dark Gluten- and Lactose-free Flour** 1,000 kg  
**Vegetable Oil** 0,100 kg  
**Fresh Yeast /Dry Yeast** 0,060 kg / 0,020 kg  
**Salt** 0,030 kg  
**Soaked Sunflower Seeds (see above)** 0,500 kg  
**Water** 1,100 kg

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**Total weight** 2,790 kg  
**Yield** 4 pieces

### Process:

Make the dough with all the ingredients (using a flat beater)

**Mixing time:** approx. 3 minutes on first speed  
approx. 3 minutes on medium speed

**Dough temperature:** approx. 30 °C  
**Scaling weight:** 600 g dough pieces  
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale at 600 g and place the dough with wet hands into the baking tins. Sprinkle the surface with Sunflower Seeds.

**Proving time:** approx. 40 minutes  
(35 °C and 75 % humidity)

**Baking temperature:** approx. 230 °C,  
falling to 200 °C

**Baking time:** 45 minutes (bake with steam)

### Master Tip:

IF YOU REQUIRE A BREAD WITH A HIGHER VOLUME,  
ADD 4 EGGS PER KG **KOMPLET Dark Gluten- and Lactose-free Flour.**

*Bake the best with something good!*