

The Bakers Guide To Using Australian Sweet Lupin Flour



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ROSEWOOD RESEARCH
Innovation in cereal & grain foods



Artisan
FOOD SHED

Lupin Artisan Country Loaf

Recipe



✓	Product:	Levain 50 - 50 starter	Group:	Ferments
	Flour required	250 kg.	Water content:	14.11%
	Issue number:	1.01	Recipe by:	JH
	Last update:	Fri 21-01-22 09:16:13	Issue Date:	18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	Bakers flour 10.5% T55	125	50.0%	19.96%
	Rye Wholemeal flour	125	50.0%	19.96%
2	Macerated Sultana liquid	375	150.0%	59.88%
	Barley Malt flour EA	1	0.5%	0.20%
	2 days cool dry place (21 °C)			
	Total	626	250.5%	100.00%

Levain 50 - 50 refresher

1	Levain 50 - 50 starter	548	100.0%	92.08%
2	Bakers flour 10.5% T55	14	2.5%	2.30%
	Wholemeal flour 100 %	14	2.5%	2.30%
3	Water	19	3.5%	3.22%
	Barley Malt flour EA	1	0.1%	0.09%
	Refresh for the next 14 days cool dry place (21°C)			
	Total	595	108.6%	100.00%



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P.3 (ACL2)



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Artisan
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Lupin Artisan Country Loaf

Recipe



✓	Product: Levain Preferment 50 - 50	Group: Ferments
Leaven required	.7 kg	Water content: 102.45%
Issue number:	1.01	Recipe by: JH
Last Update:	Fri 21-01-22 09:16:13	Issue Date: 18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	Bakers flour 10.5% T55	163	50.0%	23.26%
	Wholemeal flour 100 %	163	50.0%	23.26%
2	Levain 50 - 50 refresher	49	15.0%	6.98%
3	Water warm 35 @ °C	326	100.0%	46.51%
	18 - 22 hrs. cool dry place (21°C)			
	multiplier 1 : 15			
	Total	700	215.0%	100.00%



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P.4 (ACL3)



ROSEWOOD RESEARCH
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Artisan
 FOOD SHED

Lupin Artisan Country Loaf

Recipe



✓	Product:	LFC Country Loaf	Group:	Artisan
	Dough Required	8.000 kg.	Water content:	79.69%
	Issue number:	1.01	Recipe by:	JH
	Last update:	Fri 21-01-22 09:16:13	Issue Date:	18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
3	Flour 12.5 % T55 Maximus Mauri	3,519	86.0%	43.99%
1	Levain Preferment 50 - 50	614	15.0%	7.67%
2	Water	2,529	61.8%	31.61%
3	Salt	82	2.0%	1.02%
	Barley malt flour EA	20	0.5%	0.26%
4	LFC Lupin flour	573	14.0%	7.16%
	Water	458	11.2%	5.73%
5	Water	205	5.0%	2.56%
		8,000	195.5%	100.00%



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P.5 (ACL4)



Lupin Artisan Country Loaf

Technical Info



Preferment: Levain Preferment 50 - 50 Time / Info

Mix	Type of mixer	Hobart		
	Length of time	3 min.		-----
Preferment	Time	18 - 22	hrs.	-----
	Temperature	21	°C	-----

Final dough

Mixing	Type of mixer	Spiral Kemper	100 slow	200 fast
	Dough temp.	26	°C	-----
	Water temp. required	tbd	°C	-----
	Hold back	group 3, 4 and 5		-----
	Length of time	1.0 min.	⤵	slow premix
		3.0 min.	⤵	slow add water
		4.0 min.	⤵	fast
	Autolyse	30 min.		-----
	Add	group 3 and 4		-----
	Length of time	1.5 min.	⤵	Slow
		add group 5 in stages		
		.5 min.	⤵	Slow
		1.5 min.	⤵	fast
		till clear window test		

Fermentation	Time	3	hrs.	
	Temperature	26	°C	
	Folds	5 X	30 min.	-----

Mould	Divide	by hand	650 gr
	Preshape	Point to point	2x
	Proof / rest		20 min.
	Mould	Vienna artisan style	
	Proofing device	Board between cloth	rise flour

Process Note: Option 1 Overnight process

Retard	Overnight	18	hrs.	Time	-----
		6	°C	Temperature	-----
		65	%	Humidity	-----
Proof Final	Recovery	30 - 45 min. @ ambient temp.			-----
	Proof	30 - 45	min.		-----
	Temperature	26 - 28	°C		-----
	Humidity	65	%		-----



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P.6 (ACL5)



Lupin Artisan Country Loaf

Technical Info



	Temperature	26 - 28 °C			
	Humidity	65 %			----- -----
Baking	Decorate @ slashes	bakers choice			
	Steam	yes	4 - 6 sec.		
Deck:	Flu	closed			
Polin electr	Settings	°C	Time	T - B %	
	Start	250	3	50 - 50	
	Intermediate	235	30	50 - 50	-----
	Finish	240	5	50 - 50	-----
	Time		38	min.	-----
	Flu	open last 10 min.			

Process Notes:

- All the times, temperatures are to be used as guidance only, circumstances change from one bakery to the other and during the year
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P.7 (ACL6)



ROSEWOOD RESEARCH
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Artisan
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Artisan Breads - Baguette poolish

Recipe

The
Lupin
Co.



Product:	LFC Baguette Poolish	Group:	Artisan
Dough Required	10.0 kg	Water content:	71.45%
Issue number:	1.01	Recipe by:	JH
Last Update:	Mon 17-01-22 12:38:58	Issue Date:	18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
3	Banditcote 11.5% T55 (Laucke)	3,375	100.0%	33.75%
1	AFS Poolish	3,511	104.0%	35.11%
2	Water 1	1,354	40.1%	13.54%
4	Malt flour EA (Blue Lake Milling)	12	0.3%	0.12%
	Salt	94	2.8%	0.94%
	Yeast (Mauri)	6	0.17%	0.06%
5	LFC Lupin flour	721	21.4%	7.21%
	Water	577	17.1%	5.77%
	} Soaker			
6	Water 2	351	10.4%	3.51%
		10,000	296.3%	100.00%



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P.8 (AB1)



Artisan Breads - Baguette poolish

Technical Info



Preferment		Time / Info	
Mix	Type of mixer	Hobart	
	Length of time	3 min. 1st gear	
	Poolish temp:	24 °C	
Preferment	Time	18	hrs.
	Temperature	21	°C
	Humidity	65	%

Final dough		Time / Info	
Mixing	Type of mixer	Spiral Kemper	100 slow 200 fast
	Dough temp.	24	°C
	Water temp. required	+ b d	°C
	Length of time	1.0 min.	⤵ slow premix
		2.0 min.	⤵ slow add water
			⤵ fast
	Hold back	group 4 - 5 - 6	
	Autolyse	30 min.	
	Add	remaining ingredients	
	Length of time	2.0 min.	⤵ Slow
		3.0 min.	⤵ Fast
		add water in 2-3 stages	
	Bowl / Bench rest		
Fermentation	Time	2.5	hrs. 1 x fold after 1 hr.
	Temperature	24	°C
		65	% Humidity
Mould	Divide	by hand	450
	Preshape	2x Point to Point	
	Proof / rest	15 - 20	
	Mould	Baguette 45 - 50 cm.	
	Proofing device	board between cloth + rice flour	
Proof Final	Time	45	min.
	Temperature	26	°C
	Humidity	65	%
	Dry proof	10 min.	@ ambient temp.



Artisan Breads - Baguette poolish

Technical Info



Baking	Decoration	Score, bakers choice of shape and cut		
	Rest	5 min.		
	Steam	yes	2 - 3 sec	
Deck:	Flu	closed		
Polin electr	Settings	°C	Time	T - B %
	Start	240	2	50 - 50
	Intermediate	230	18	50 - 50
	Finish	235	5	50 - 50
	Time		<u>25</u>	min.
	Flu	open last 10 min.		

Process Notes:

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P.11 (AB4)



Artisan Breads - Baguette poolish

Nutritional Info

Average Quantity	PerServe	Per100g
Energy	614kJ	959kJ
Protein	6.5g	10.2g
Total Fat	0.8g	1.3g
Saturated	0.1g	0.2g
Carbohydrate	29.5g	46.1g
Sugars	0.2g	0.3g
Sodium	270mg	421mg
Potassium	none	none
Dietary Fibre	2.6g	4.1g



Warnings: This food contains Wheat, Lupin

Ingredient Listing (*) Indicates Gluten - containing cereals or soy

Ingredients:

Poolish: (preferment (water, flour*, yeast)) (41.0%), flour* (wheat*, folic acid, vitamin B1 (thiamine), water , lupin flour (8.43%), sea salt (iodised), malt flour*, bakers yeast,

HACCP

Nett Weight (gms) 385

Size (mm) 550 x 85 x 65

Servings per Product 6 (4 slices + 2 ends)

Serving Size (gms) 64

APN LFC

Date Marking Best Before

Product Shelf Life 2 days in cool, dry, packed conditions

Recommended Retail Shelf Life 2 days

Recommended Freezing Conditions Store @ or blow -15 C. Consume within 2 days after removing from freezer.

Recommended Frozen Life 1 month

Glycemic Index



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P.12 (AB5)



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Artisan Breads - Ciabatta Loaf

Nutritional Info

Average Quantity	PerServe	Per100g
Energy	658kJ	877kJ
Protein	7.1g	9.5g
Total Fat	0.9g	1.2g
Saturated	0.2g	0.2g
Carbohydrate	32.1g	42.7g
Sugars	0.2g	0.2g
Sodium	326mg	435mg
Potassium	none	none
Dietary Fibre	2.8g	3.7g



Warnings: This food contains Wheat, Lupin

Ingredient Listing

(* Indicates Gluten - containing cereals or soy

Ingredients:

Poolish: (preferment (water, flour*, yeast)) (43.2%), flour* (wheat*, folic acid, vitamin B1 (thiamine), water , lupin flour (7.72%), sea salt (iodised), bakers yeast,

HACCP

Nett Weight (gms) 600

Size (mm) 300 x 150 x 65 aprox

Servings per Product 8 (6 slices + 2 ends)

Serving Size (gms) 75

APN LFC

Date Marking Best Before

Product Shelf Life 5 days in cool, dry, packed conditions

Recommended Retail Shelf Life 2 days

Recommended Freezing Conditions Store @ or blow -15 C. Consume within 2 days after removing from freezer.

Recommended Frozen Life 1 month

Glycemic Index



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P.13 (AB6)



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Artisan
FOOD SHED

Multigrain - Sandwich Multigrain Dough

Recipe

The
Lupin
Co.



✓	Product:	LFC Multigrain dough	Group:	Sandwich
	Dough required	10.000 Kg	Liquid content:	75.00%
	Issue number:	1.01	Recipe by:	JH
	Last update:	Wed 19-01-22 16:21:32	Issue Date:	19-Jan-16

From Scratch

GR.	INGREDIENTS	Recipe gr.	Flour	Total
			%	%
1	Flour 12.5 % T55 Maximus (Mauri)	3,959	87.5%	39.59%
1a	Lupin flour LFC	566	12.5%	5.66%
	Water	452	10.0%	4.52%
2	White M 4% (Mauri)	181	4.0%	1.81%
	Yeast dry (Mauri)	45	1.0%	0.45%
	Gluten (Manildra)	90	2.0%	0.90%
3	Water	2,262	50.0%	22.62%
	Oil (Canola, Farmer Harvest)	181	4.0%	1.81%
4	Multigrain premix Laucke	1,131	25.0%	11.31%
	Water	1,131	25.0%	11.31%
	Total	10,000	221.0%	100.00%



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P.14 (M1)



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Artisan
FOOD SHED

Multigrain - Sandwich Multigrain Dough

Technical Info

Final dough

Mixing	Type of mixer	Spiral Kemper	100 slow	200 fast		
	Dough temp. required	24 °C			-----	
	Water temp.	tbd °C			-----	
	Hold back	Group 1a & 4			-----	
	Length of time	1.0 min.	↻	slow premix		-----
		2.0 min.	↻	slow add water		-----
		4.0 min.	↻	fast		-----
	Add	Group 1a & 4			-----	
	Length of time	1.0 min.	↻	Slow		-----
		1.5 min.	↻	Fast		-----
Rest	Bowl / Bench	15 - 20 min.				
Moulding	Divide	by hand	700 gr			
	Preshape	point to point				
	Rest	25 - 30 min.			-----	
	Mould	sandwich				
	Proofing device	sandwich tin: 235x115x115 (Tassie tin)				
Proof Final	Time	75 - 90 min.			-----	
	Temperature	28 - 30 °C			-----	
	Humidity	75 %			-----	
Baking	Decoration	n/a				
	Steam	no				
Deck:	Flu	closed				
Polin electr	Settings	°C	Time	T - B %	-----	
	Start	245	2	50 - 50	-----	
	Intermediate	235	30	50 - 50	-----	
	Finish	245	5	50 - 50	-----	
	Time		<u>37</u>	min.		
	Flu					

Process Notes:

- All the times, temperatures are to be used as guidance only, circumstances change from one bakery to the other and during the year



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P.16 (M3)



White Sandwich

Technical Info



Final dough

Mixing	Type of mixer	Spiral Kemper	100	slow	200	fast		
	Dough temp.	24	°C				-----	
	Water temp. required	tbd	°C				-----	
	Presoak 1 hr.	Lupin flour +	water soaker	(Grp 1a)				
	Hold back	Group 1a						
	Length of time	1.0 min.	U	slow	premix			-----
		4.5 min.	U	slow	add water			-----
	Add	Group 1a					-----	
	Length of time	1.0 min.	U	slow				-----
		1.5 min.	U	fast				-----
Bowl / Bench rest	15 - 20	min.					-----	
Mould	Divide	by hand	700	gr.				
	Preshape	hand scraper /	point to point					
	Rest	30 - 35	min.					
	Mould / shape	sandwich						
		65	%	Humidity			-----	
Proof Final	Time	75 - 90	min.				-----	
	Temperature	28 - 30	°C				-----	
	Humidity	75	%				-----	
Baking	Decoration	n/a						
	Steam	no						
	Flu	closed						
Polin	Settings	°C	Time	T - B	%		-----	
Electr.	Start	240	2	50 - 50			-----	
	Deck	Intermediate	230	26	50 - 50		-----	
Finish		240	4	50 - 50			-----	
Time			32	min.				
Flu		closed						

Process Notes:

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P.19 (WS3)



ROSEWOOD RESEARCH
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Artisan
FOOD SHED

White Sandwich - Sandwich premix

Technical Info



Final dough

Mixing	Type of mixer	Spiral Kemper	100	slow	200	fast	
	Dough temp.	24	°C				
	Water temp. required		°C				
	Length of time	1.0 min.	U	slow	premix		
		3.0 min.	U	slow	add water		
	4.5 - 5 min	U	fast				
	Bowl / Bench rest	15 - 20	min.				
Mould	Divide	by hand	700	gr.			
	Preshape	hand scraper /	point to point				
	Rest	30 - 35	min.				
	Mould / shape	sandwich					
	Proofing device	Baking tin, 235 x 115 x 115	(Tassie tin)				
Proof Final	Time	75 - 90	min.				
	Temperature	28 - 30	°C				
	Humidity	75	%				
Baking	Decoration	n/a					
	Steam	no					
	Flu	closed					
Polin	Settings	°C	Time	T - B	%		
	Electr.	Start	250	2	50 - 50		
Deck	Intermediate	230	28	50 - 50			
	Finish	245	5	50 - 50			
	Time		35	min.			
	Flu	closed					

Process Notes:

- All the times, temperatures are to be used as guidance only as circumstances change from one bakery to the other and during the year
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P.22 (WS6)



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Artisan
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White Sandwich - Sandwich premix

600gr Nutritional Info



Average Quantity	PerServe	Per100g
Energy	411kJ	1,100kJ
Protein	4.0g	10.6g
Total Fat	1.5g	3.9g
Saturated	0.6g	1.5g
Carbohydrate	16.2g	43.1g
Sugars	0.2g	0.5g
Sodium	173mg	460mg
Potassium	53mg	141mg
Dietary Fibre	1.7g	4.6g



Warnings: Nil

Ingredient Listing (*) Indicates Gluten - containing cereals or soy

Ingredients:

Wheat flour (folic acid, vitamin B1 (thiamine)), Water, Lupin flour, Vegetable Oil, sea salt (iodised), soy flour*, sugar (cane), mineral salt (170, 516), emulsifier (481) vegan, vitamin C (300), raising agent (920) vegan, enzymes, Bakers yeast,

HACCP

Nett Weight (gms) 600
Size (mm) 235 x 110 x 110
Servings per Product 16 (16)
Serving Size (gms) 37.5
APN LFC
Date Marking Best Before



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P.23 (WS7)



ROSEWOOD RESEARCH
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Artisan
FOOD SHED

Wholemeal Sandwich Bread

Technical Info



Final dough

Mixing	Type of mixer	Spiral Kemper	100 slow	200 fast		
	Dough temp. required	24	°C		-----	
	Water temp.	tbd	°C		-----	
	Length of time	1.0 min.	U	slow premix		-----
		3.0 min.	U	slow add water		-----
	7 - 7.5 min.	U	fast		-----	
Rest	Bowl / Bench	15 - 20 min.				
Moulding	Divide	by hand	700 gr			
	Preshape	point to point				
	Rest	25 - 30 min.			-----	
	Mould	sandwich				
	Proofing device	sandwich tin: 235x115x115 (Tassie tin)				
Proof Final	Time	75 - 90	min.		-----	
	Temperature	28 - 30	°C		-----	
	Humidity	75	%		-----	
Baking	Decoration	n/a				
	Steam	no				
Deck:	Flu	closed				
Polin electr	Settings	°C	Time	T - B %	-----	
	Start	250	2	50 - 50	-----	
	Intermediate	230	28	50 - 50	-----	
	Finish	245	5	50 - 50	-----	
	Time		35 min.			
	Flu					

Process Notes:

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P.25 (WH2)



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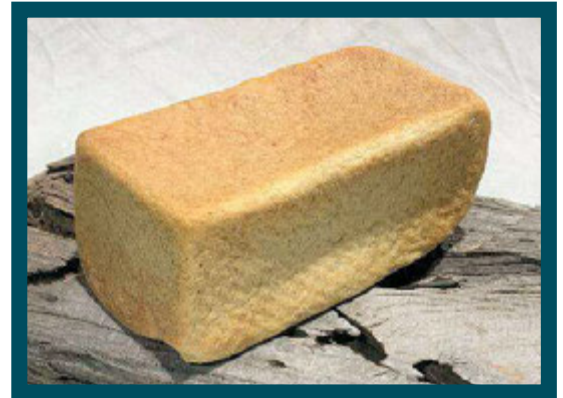
Artisan
FOOD SHED

Wholemeal Sandwich Bread

600gr Nutritional Info



Average Quantity	PerServe	Per100g
Energy	413kJ	983kJ
Protein	4.7g	11.1g
Total Fat	1.7g	4.1g
Saturated	0.6g	1.5g
Carbohydrate	14.1g	33.5g
Sugars	0.3g	0.8g
Sodium	178mg	423mg
Potassium	none	none
Dietary Fibre	2.8g	6.6g



Warnings: This food contains Wheat, Lupin, Soy

Ingredient Listing (*) Indicates Gluten - containing cereals or soy

Ingredients:

wholemeal flour* (wheat*, folic acid, vitamin B1 (thiamine), water, lupin flour (7.40%), flour* (wheat*, folic acid, vitamin B1 (thiamine), vegetable oil, gluten*, sea salt (iodsed), soy flour*, sugar (cane), mineral salt (170, 516), emulsifier (481)vegan, vitamin C (300), raising agent (920) vegan, enzymes, bakers yeast, malt flour*,

HACCP

Nett Weight (gms) 600

Size (mm) 235 x 110 x 110

Servings per Product 14 (14 slices + 2 crust)

Serving Size (gms) 42

APN LFC

Date Marking Best Before

Product Shelf Life 5 days in cool, dry, packed conditions

Recommended Retail Shelf Life 2 days

Recommended Freezing Conditions Store @ or blow -15 C. Consume within 2 days after removing from freezer.

Recommended Frozen Life 1 month

Glycemic Index



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P.26 (WS3)



ROSEWOOD RESEARCH
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Artisan
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