

# Sour Dough French Bread



## INGREDIENTS

	Usage Levels (%)
Flour, bread	26.25
Water (variable)	17.75
<b>Dry acid whey</b>	<b>17.60</b>
Salt	13.05
Shortening	9.80
Sugar	9.80
Yeast	2.35
Sour culture	1.85
<b>Total</b>	<b>100.00</b>

## BENEFITS OF USING U.S. DAIRY

### Dry Acid Whey

- Contributes to distinct flavor profile
- Complements flavors produced during bread fermentation

## NUTRITIONAL CONTENT

### U.S. Label

### Nutrition Facts

Serving Size (50g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber less than 1 gram	<b>3%</b>
Sugars 1g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## PREPARATION

1. Carry "mother dough" (flour, water, yeast and sour culture) forward from previous day, adding enough flour and water to the perpetual sour culture to replace that used.
2. Scale all ingredients into mixer bowl.
3. Adjust water temperature to get a dough temperature of 27°C (81°F).
4. Mix to peak dough development.
5. Allow time for dough to rest before dividing and completing makeup.
6. Proof the dough until double in size.
7. Press gas out of the dough and shape as desired.
8. Bake in a steam-injection oven, or spray periodically with a fine mist of water during baking to develop the thick crust.

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. ©2015 U.S. Dairy Export Council.