

## Toms Schmankerlkruste

|                  | 35%           | 50%          | 70%          | 100%            |                            |  |  |
|------------------|---------------|--------------|--------------|-----------------|----------------------------|--|--|
|                  | g             | g            | g            | g               |                            |  |  |
| <b>Sauerteig</b> | <b>140</b>    | <b>200</b>   | <b>280</b>   | <b>400</b>      | <b>Roggen Vollkornmehl</b> |  |  |
|                  | <b>140</b>    | <b>200</b>   | <b>280</b>   | <b>400</b>      | <b>Wasser</b>              |  |  |
|                  | <b>14</b>     | <b>20</b>    | <b>28</b>    | <b>40</b>       | <b>Anstellgut</b>          |  |  |
|                  |               |              |              |                 |                            |  |  |
| <b>Brühstück</b> | <b>87,5</b>   | <b>125</b>   | <b>175</b>   | <b>250</b>      | <b>(geröstet)</b>          |  |  |
|                  | <b>0</b>      | <b>0</b>     | <b>0</b>     | <b>0</b>        |                            |  |  |
|                  | <b>14</b>     | <b>20</b>    | <b>28</b>    | <b>40</b>       | <b>Senf</b>                |  |  |
|                  | <b>43,75</b>  | <b>62,5</b>  | <b>87,5</b>  | <b>125</b>      | <b>Wasser</b>              |  |  |
|                  |               |              |              |                 |                            |  |  |
| <b>Hauptteig</b> | <b>294</b>    | <b>420</b>   | <b>588</b>   | <b>840</b>      | <b>Sauerteig</b>           |  |  |
|                  | <b>140</b>    | <b>200</b>   | <b>280</b>   | <b>400</b>      | <b>Wasser</b>              |  |  |
|                  | <b>210</b>    | <b>300</b>   | <b>420</b>   | <b>600</b>      | <b>Weizen Vollkornmehl</b> |  |  |
|                  | <b>1,4</b>    | <b>2</b>     | <b>2,8</b>   | <b>4</b>        | <b>Hefe</b>                |  |  |
|                  |               |              |              | <b>optional</b> | <b>Brotgewürz</b>          |  |  |
|                  |               |              |              | <b>optional</b> | <b>Kümmel gemahlen</b>     |  |  |
|                  | <b>145,25</b> | <b>207,5</b> | <b>290,5</b> | <b>415</b>      | <b>Brühstück</b>           |  |  |
|                  | <b>8,4</b>    | <b>12</b>    | <b>16,8</b>  | <b>24</b>       | <b>Salz</b>                |  |  |
|                  | <b>5,25</b>   | <b>7,5</b>   | <b>10,5</b>  | <b>15</b>       | <b>Pflanzenöl</b>          |  |  |