

Rietmann **Mediterranean**



SUPER VERSATILE, SUPER TASTY

Rietmann Mediterranean

Your premix for Mediterranean
baked goods with chia seeds

You can offer your customers a very special, tasty treat with our raw material mix for Mediterranean baked goods.

One product, lots of possibilities. For soft country bread, crispy rolls or baguettes.

Easy to use and brilliantly processed doughs guarantee wonderful results that couldn't taste any better.

The mixture of high-quality chia seeds, selected pumpkin and sunflower seeds, and golden and brown linseed ensure you have a very precious baked good.

The goods are given an added special touch by the finely balanced combination of malt flours, delicate spiced and tomato powder.

An absolute delight!



Mediterranean rustico with chia seeds

Rietmann Mediterranean	5.000 kg
Wheat flour T550	5.000 kg
Yeast	0.150 kg
Water, approx.	6.500 kg

Total weight	16.650 kg
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Knead:	approx. 4 + 9 mins., 26 - 28°C, Spiral kneader
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Dough rest:	30 mins.
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Initial weight:	350 g / pce.
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Proofing interruption:	16 - 20 hrs. at approx. 6°C
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Final proof:	approx. 70 - 120 mins., room temperature
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Bake at:	240 - 250°C, moderate steam
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Baking time:	23 - 27 mins.
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Item no. 0020103



Online recipes



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Mediterranean farmhouse loaf with chia seeds

Rietmann Mediterranean	3.000 kg
Rye flour	0.500 kg
Single-stage sourdough (dough absorption ratio 180)	2.700 kg
Wheat flour T550	5.000 kg
Caraway	0.010 kg
Salt	0.090 kg
Yeast	0.100 kg
Water, approx.	5.500 kg
Total weight	16.900 kg

Knead:	approx. 5 + 7 mins., 26 - 28°C, Spiral kneader
Dough rest:	60 mins.
Initial weight:	1730 g / pce. (1500 g loaf)
Proofing interruption:	16 - 20 hrs. at approx. 6°C
Final proof:	approx. 30 mins., room temperature
Bake at:	220°C, falling to 210°C, with steam
Baking time:	60 - 65 mins.

For a rustic crust formation process with flour. Place in floured proofing baskets with the seam facing down.

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Mediterranean tin loaf with chia seeds

Rietmann Mediterranean	3.000 kg
Wheat flour T550	7.000 kg
Fat	0.300 kg
Salt	0.090 kg
Yeast	0.300 kg
Water, approx.	5.500 kg
Total weight	16.190 kg

Knead:	approx. 5 + 8 mins., 26 - 28°C, Spiral kneader
Dough rest:	10 mins.
Initial weight:	550 g / pce.
Preparation:	round top
Final proof:	approx. 45 mins.
Bake at:	235°C, falling to 220°C
Baking time:	approx. 30 mins.

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Mediterranean snack sticks with chia seeds

Rietmann Mediterranean	4.000 kg
Wheat flour T550	6.000 kg
Salt	0.020 kg
Yeast	0.100 kg
Water, approx.	6.100 kg

Total weight 16.220 kg

Knead:	approx. 5 + 7 mins., 26 - 28°C, Spiral kneader
Dough rest:	60 mins.
Initial weight:	approx. 60 g, (sheet the dough to a approx. 1 cm thickness, then cut into 5 x 15 cm strips)

Proofing interruption: 16 - 20 hrs. at approx. 6°C

Final proof: approx. 20 mins.,
room temperature

Bake at: 220°C, falling to 200°C,
with steam

Baking time: approx. 16 mins.

Sprinkle with topping if desired; stipple before baking.

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Mediterranean focaccia with chia seeds

Rietmann Mediterranean	5.000 kg
Wheat flour T550	5.000 kg
Yeast	0.120 kg
Water, approx.	6.700 kg

Total weight 16.820 kg

Knead:	approx. 4 + 8 mins., 24 - 26°C, Spiral kneader
Dough rest:	60 mins.
Initial weight:	1700 g (60 x 40 cm baking sheet)
Proofing interruption:	16 - 20 hrs. at approx. 6°C
Final proof:	90 - 120 mins., room temperature

Make a few deepenings in the risen dough with your fingers and brush with olive oil. Then sprinkle e.g. with coarse salt and Italian herbs.

Bake at:	240°C, falling to 210°C
Baking time:	approx. 25 mins.

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Mediterranean sandwich toast with chia seeds

Rietmann Mediterranean	3.000 kg
Wheat flour T550	7.000 kg
Fat	0.300 kg
Salt	0.090 kg
Yeast	0.300 kg
Water, approx.	5.500 kg
Total weight	16.190 kg

Knead:	approx. 5 + 8 mins., 26 - 28°C, Spiral kneader
Dough rest:	10 mins.
Initial weight:	850 g / pce.
Preparation:	Four-pieces method
Final proof:	approx. 45 mins.
Bake at:	235°C, falling to 220°C
Baking time:	approx. 38 mins.

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Mediterranean mini ciabatta with chia seeds

Rietmann Mediterranean	4.000 kg
Wheat flour T550	6.000 kg
Olive oil	0.400 kg
Salt	0.040 kg
Yeast	0.100 kg
Water, approx.	6.000 - 6.500 kg

Total weight 16.540 - 17.040 kg

Knead:	approx. 5 + 7 mins., 24 - 26°C, Spiral kneader
Dough rest:	30 mins.
Initial weight:	120 g / pce.
Proofing interruption:	16 - 20 hrs. at approx. 6°C
Preparation:	as usual for ciabatta
Final proof:	60 - 90 mins., room temperature
Bake at:	240 - 250°C, with plenty of steam
Baking time:	22 - 25 mins.

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Mediterranean country loaf with chia seeds

Rietmann Mediterranean	5.000 kg
Wheat flour T550	5.000 kg
Yeast	0.150 kg
Water, approx.	6.500 kg
Total weight	16.650 kg

Knead:	approx. 4 + 8 mins., 26 - 28°C, Spiral kneader
Dough rest:	30 mins.
Initial weight:	450 g / pce.
Proofing interruption:	16 - 20 hrs. at approx. 6°C
Final proof:	70 - 120 mins., room temperature
Bake at:	240 - 250°C, with plenty of steam
Baking time:	30 - 35 mins.

For a rustic crust formation, make sure to work sufficient rye flour in at the dough seam.

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Mediterranean pretzel triangles with chia seeds

Rietmann Mediterranean	3.500 kg
Wheat flour T550	6.500 kg
Salt	0.070 kg
Fat	0.300 kg
Yeast	0.270 kg
Water, approx.	6.000 kg

Total weight 16.640 kg

Laminating margarine 10 - 25%

Knead: approx. 6 + 7 mins., 20 - 22 °C,
Spiral kneader

Dough rest: 15 mins.

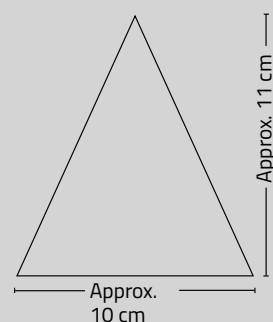
Initial weight: 90 g / pce.

Final proof: approx. 60 mins.

Bake at: 210 °C

Baking time: 16 - 18 mins.

Folding: 4x singly
Preparation: Sheet the
dough to 1 cm thickness, then cut
into triangles with a basic length of
approx. 10 cm and approx. 11 cm
high.



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Mediterranean ciabatta with chia seeds

Rietmann Mediterranean	5.000 kg
Wheat flour T550	5.000 kg
Yeast	0.150 kg
Water, approx.	6.700 kg

Total weight 16.850 kg

Knead:	approx. 4 + 9 mins., 24 - 26°C, Spiral kneader
Dough rest:	30 mins.
Initial weight:	300 g / pce.
Proofing interruption:	16 - 20 hrs. at approx. 6°C
Final proof:	approx. 70 - 120 mins., room temperature
Bake at:	240 - 250°C, with plenty of steam
Baking time:	25 - 27 mins.

For a rustic crust formation, make sure to work sufficient rye flour in at the dough seam.

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Mediterranean buns with chia seeds

Rietmann Mediterranean	3.000 kg
Wheat flour T550	7.000 kg
Fat	0.500 kg
Salt	0.090 kg
Yeast	0.300 kg
Water, approx.	5.600 kg

Total weight 16.490 kg

Knead: approx. 2 + 9 mins., 26 - 28°C,
Spiral kneader

Dough rest: 10 mins.

Initial weight: 85 g / pce.

Final proof: approx. 45 mins.

Bake at: 240°C

Baking time: approx. 14 mins.

Sprinkle with topping after processing:
pumpkin seeds, chia seeds, potato flakes.

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Mediterranean baguette rolls with chia seeds

Rietmann Mediterranean	5.000 kg
Wheat flour T550	5.000 kg
Yeast	0.120 - 0.300 kg
Water, approx.	5.600 - 5.800 kg
Total weight	16.620 - 17.000 kg

Knead:	approx. 4 + 8 mins., 23 - 26 °C, Spiral kneader
Dough rest:	20 mins.
Resting time:	20 mins.
Initial weight:	approx. 75 g / pce.
Final proof:	approx. 45 mins.
Bake at:	235 °C, falling to 220 °C, with steam
Baking time:	approx. 20 mins.

A long time dough-process will produce the optimum flavour and freshness.

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Mediterranean baguette with chia seeds

Rietmann Mediterranean	5.000 kg
Wheat flour T550	5.000 kg
Yeast	0.150 kg
Water, approx.	6.500 kg
Total weight	16.650 kg

Knead:	approx. 4 + 9 mins., 26 - 28°C, Spiral kneader
Dough rest:	30 mins.
Initial weight:	350 g / pce.
Proofing interruption:	16 - 20 hrs. at approx. 6°C
Final proof:	70 - 120 mins., room temperature
Bake at:	240 - 250°C, moderate steam
Baking time:	23 - 25 mins.

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