

**ABEL & SCHAFFER INC.**

# KOMPLET Chia Bread Base & Flex Line





# KOMPLET Chia Bread Base

Specialty grain blend designed to produce grain bread with the full nutritional value of the Chia seed, great flavor and shelf life makes this bread truly special.



## Chia Artisan Breads & Rolls

61052.01 Komplet Chia Base	5 lbs.
Bread Flour / Patent	5 lbs.
Water +/-	6 lbs. 8 oz.
Yeast, Compressed	4 oz.

- Mix all ingredients 8 minutes on slow speed and 3 minutes on high speed or until fully developed
- Dough Temperature: 78°–80°
- Rest for 25 minutes
- Scale to desired size for Bread or Rolls make up and roll in decoration seeds
- Shape as desired and place on proofing boards or sheet pans
- Proof until almost doubled in size
- Bake with steam at 430° to start reduce to 400° for 30–35 minutes depending on size of loaf



Bread & Rolls  
with valuable  
Chia-seeds

## Chia Sandwich Breads

61052.01 Komplet Chia Base	5 lbs.
Bread Flour / Patent	5 lbs.
Water +/-	5 lbs. 4 oz.
Butter / Margarine	8 oz.
Honey	4 oz.
61090.01 Plus Pan Malt	1.5 oz.
Yeast, Compressed	2.5 oz.

- Mix all ingredients 2–3 minutes on slow speed and 6–8 minutes on high speed or until fully developed
- Dough Temperature: 78°–80°
- Rest for 5–10 minutes
- Scale at 20oz. depending on the pan size
- Pre-shape round
- Bench rest 5–10 minutes
- Shape into sandwich loafs and place into greased Pullman loaf pans
- Proof until almost doubled in size
- Bake with steam at 430° for 10 minutes then reduce to 400° for 30–35 minutes depending on size



# Flex Line Chia Base

A flexible and nutritional grain blend that includes a large amount of chia seeds. Add it to your favored bread dough or muffin and cake batter for added flavor, texture and nutritional value. Suggested usage level: 5%–20% based on dough or batter weight.

## Chia Muffin

61180.01 Flex Line Chia Base	7.5 lbs.	
Water +/-	13 lbs.	
62077.01 Royal Muffin Mix	50 lbs.	
Eggs	20 lbs.	
Oil	17 lbs.	4oz.

- Mix all ingredients 2 minutes on slow speed and 2–3 minutes on high speed with a paddle
- Batter Temperature: 72°–74°
- Rest for 5–10 minutes
- Scale at 3 oz. or to desired size
- Deposit into greased muffin pans or paper lined pans
- Bake at 375° for 18–22 minutes



## Chia Cranberry–Pecan Cereal Bars

Recipe for one Sheet Pan:

61180.01 Flex Line Chia Base	2 lbs.	10 oz.
60352.45 Florenta	1 lb.	10 oz.
Egg Whites		12 oz.
Water		2 oz.
Pecans	1 lb.	
Cranberries, dried	1 lb.	4 oz.

- Using a paddle blend all ingredients together in slow speed. Scrape bowl and paddle and mix one minute in slow speed.
- Using a plastic scraper or offset spatula, spread evenly on parchment paper lined sheet pan. (mixture is thick and slightly rubbery)
- Bake at 360° F for 15–20 minutes or until lightly golden in color.
- Be certain to rotate the pan midway through baking.
- Allow to cool to the touch, before cutting into desired size pieces.
- Store in airtight container. (these cereal bars have an excellent shelf life of up to 6 weeks)

## Chia Bagels

61180.01 Flex Line Chia Base	15 lbs.
Bread Flour / Patent	100 lbs.
Water +/-	58 lbs.
Yeast, Compressed	1 lbs
61095.01 Bagel Base	5 lbs.

- Mix all ingredients 2–3 minutes on slow speed and 6–8 minutes on high speed or until fully developed
- Dough Temperature: 78°–80°
- Rest for 5–10 minutes
- Scale at 4 oz. or to desired size
- Shape into bagels
- Place on boards or sheet pans and proof
- Retard overnight for 12–18 hours
- Boil in kettle (Optional: When using boiling process, increase starting bake temp. to 500° and reduce to 420°)
- Dip into Flex Line Chia Base
- Bake at 450° for 18–22 minutes





# Chia

## Bread & Rolls



### What is Chia?

Chia is an edible seed that comes from the desert plant "Salvia Hispanica", a species of sage, grown in Mexico, which dates back to the Mayan and Aztec periods.

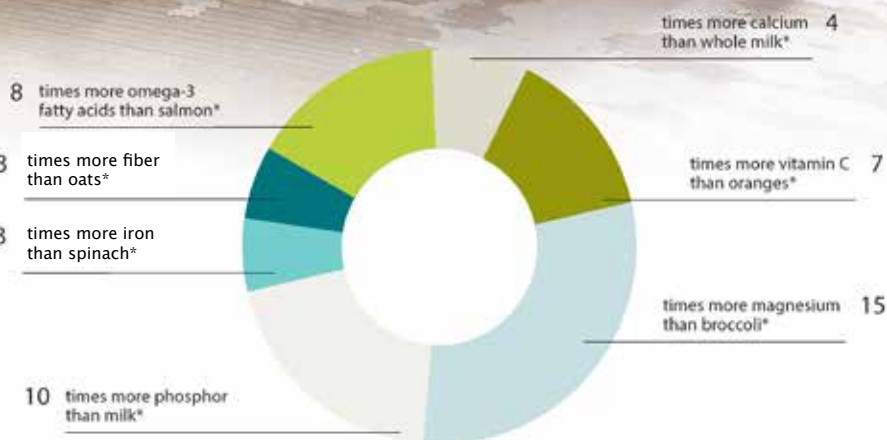
Chia was an extremely important nutritional plant, but it had almost fallen into oblivion after the end of the Aztec civilization.

Today, Chia is again being grown in South America and Australia and the seeds can be either black or white in color.

The Chia Seeds are a concentrated food and valuable source of omega-3 fatty acids to the body. They have a slightly nutty flavor.

### Why Chia?

The unique advantage of Chia is the high portion of omega-3 fatty acids (alpha-linolenic acids), that the seeds contain. The alpha-linolenic acid contributes to the maintenance of normal cholesterol levels in the blood. This effect occurs upon the daily consumption of 2 g of alpha-linolenic acids. They are contained in approx. 4 slices of Chia bread made with the Chia Bread & Rolls mix, using the recommended recipe.



### Other beneficial ingredients

Sunflower Seeds, Corn Grits, Flax Seeds, Wheat Germ, Pumpkin Seeds, Pumpkin Powder, Wheat Bran, Oat Fiber



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