



**CREDIN®**

# CREDI® ALFARROBA 50

## CREDI® CAROB 50

- A product for various bakery and pastry applications
- With a dark colour, good taste and excellent carob aroma
- Bread with regular, fresh and soft crumbs
- Easy to use

*The Carob (Locust bean) is a typical Mediterranean product with a great food value.*

*With CREDI ALFARROBA 50 we can associate the benefits of the carob flour to the manufacture of a large variety of breads and cakes.*

**WWW.CREDIN.PT**



Bakery mix with carob flour (locust bean flour), with an application of 50% over total weight of flour, developed to produce various types of breads.

The versatility of **CREDI® ALFARROBA 50** also makes it possible to produce several different types of sweet dough pastries like Berlinas, doughnuts, viennoiseries and puffs pastries.

*All the advantages in one single product!*



## CAROB BREAD

*Carob is a pea fruit from the Mediterranean Locust-tree. It was already used by the Egyptians in their food for more than 5.000 years and it was the Arabs who brought it to the Iberian Peninsula. Its nutritional characteristics are highly valued for containing low saturated fat, being a good source of fibre, high in calcium, potassium, vitamin B2 and a good source of iron and vitamin B.*

### RECIPE: Carob Bread

CREDI® ALFARROBA 50	1.000 g	50 %
Wheat flour type 65	1.000 g	50 %
Salt	± 35 g	± 1,75 %
Dry Yeast CREDIN PADARIA (Bakery)	± 20 g	± 1 %
or Fresh Yeast	± 60 g	± 3 %
Water	1.200 to 1.400 g	60 to 70 %

### PROCEDURE:

Mixing time: ± 15 min. (spiral kneader) or ± 20 min. (fork kneader).  
Dough final temperature: ± 26 °C.  
Resting time: ± 15 minutes.  
Divide, weight and shape in pieces with the desired weight:  
Small bread rolls: ± 100 g; Baguette: ± 300 g;  
Long bar: ± 350 g; Round: ± 500 g.  
Proving time: ± 30 / 40 minutes (30 °C / 70 % humidity).  
Dust with flour and make small cuts whenever desired.  
Bake with steam at the beginning.  
Baking temperature: ± 230 °C during 20 to 30 min. depending on the weight of the pieces.



*The great versatility of Credi Alfarroba 50 also allows the manufacture of a large variety of pastries, namely the Berlin balls with carob flour.*

*A pleasant Mediterranean influence for a different Berlin ball.*

The suggested recipe of Credin Berliner with the addition of 20% of CREDI ALFARROBA 50 allows to obtain Berlin balls of excellent quality.

- Berlin balls with a soft and regular crumb
- Round and stable format
- Berlin Balls with dark color and a pleasant taste of carob
- The dough is very stable at refrigeration and blocked fermentation processes



## BERLIN BALLS with CAROB

### RECIPE:

CREDIN BERLINER	2.000 g
CREDI® ALFARROBA 50	400 g
CREDICAU PÓ (Cocoa powder optional)	30 g
Margarine CREDIN BOLO-REI	60 g
Egg white	60 g
Sugar	60 g
Water	± 680 g
Eggs	370 g
Dry Yeast CREDIN PASTELARIA (Pastry)	± 40 g
or Fresh Yeast	± 120 g

### FILLING:

BAGE CREMIN - custard cream

### PROCEDURE:

Knead all ingredients during ± 20 min.

Resting time: ± 15 min.

Divide, Weight and Roll.

Shape in the desired formats.

Place in trays previously greased with the release agent CREFINO Spray.

Prove for ± 40 min. and then fry with frying shortening CREDIN FRITOS.

Frying temperature: ± 170 °C.

Decorate the Berlin balls with sugar and for filling use custard cream BAGE CREMIN.

*Did you know that the scientific name of the carob tree is **Ceratonia siliqua** which derives from the **Greek kération** that also gave rise to the term carat, the unit of weight used for metals and precious stones?*

*An ancient common practice in the Middle East was to weigh gold and precious stones with the seeds of the carob tree.*



*Carob meal has a sweet taste, a dark colour and has a wide and diversified use in the food industry.*

CREDI® ALFARROBA 50 can be applied in the manufacture of puff pastry at varying dosages depending on the product to be obtained.

The recipe we present is for puff dough with carob to produce the Pastéis de Nata (puff custard cupcakes).

- The dough can be refrigerated or frozen.
- The puff is differentiated by the dark brown colour and by the flavour.
- The puff stays crispy.
- A good suggestion for a puff pastry custard cream with Mediterranean influences.



## Puff Carob pastry cupcakes with custard cream

### RECIPE:

#### Puff dough:

CREDI® ALFARROBA 50	100 g
Wheat flour type 55	1.500 g
Salt	± 15 g
Water	± 800 g
Margarine CREDIN CROISSANT-PASTEL de NATA	950 g

#### Filling:

CREDIN NATAS (powder preparation for custard filling)	400 g
Milk	1.000 g

### PROCEDURE:

Knead the wheat flour with salt and water. Lamine the dough. Place the margarine plate CREDIN CROISSANT- PASTEL DE NATA on top and wrap with the dough to cover it totally. Lamine the dough (2x3) for two times. First lamination to ± 8 mm and the second lamination to ± 3 or 4 mm of thickness. Spray or brush with water and then roll the dough as a swiss roll and cut small pieces ± 1,5 to 2 cm wide.

Place each piece in a tin cupcake and open the small rolls with the moistened thumb finger from the centre to the edges, to adjust it to the cup. Rest for ± 1 hour.

Mix CREDIN NATAS with milk in the mixer and whip at medium speed. Mixing time: ± 3 min. Resting time: ± 15 min.

Fill the cupcakes previously lined up with puff pastry dough.

Baking temperature: ± 320 °C (conventional deck oven)  
or ± 250 °C (rotating deck oven)

Baking time: ± 10 to 12 min.

