

# NOSTRANO

with less salt!



## Italian natural sourdough

The natural sourdough contained in NOSTRANO BREAD made using the traditional Italian refreshment method — taking a piece of the fermented starter and adding just water and flour — is a guarantee of authenticity.

You'll be surprised by the typical flavour of bread as it used to be, by its digestibility and by the maintenance of its organoleptic characteristics over time.

## Italian seeds and territory

The Giulio Bellini COOP guarantees:

- soft wheat flours from Italian seeds, Bologna, Mieti and Misto Rosso varieties, supplied by farmers.
- cultivation in Emilia-Romagna, in the Po Delta area, close to the wildlife park.
- cold storage of the wheat naturally in refrigerated silos.
- use of high temperatures for the disinfection of the mill, without the use of chemicals.

The Sapise Cooperative guarantees:

- Rice flour coming from 100% Italian seed, scrupulously controlled at every stage.
- cultivation in Piedmont in the territories of Novarese.
- the rice variety "venere"<sup>®</sup> containing a high concentration of fibers, mineral salts and antioxidants.



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**Our Mission:**  
Doing our best to satisfy our clients and becoming a leading company in bakery innovative products.

Molini Besozzi Marzoli  
SOCIETÀ DI CAPITALI FONDATA A MILANO NEL 1911



100% Italian seeds  
100% Italian territory  
50% less salt



NOSTRANO



BREAD

from the field, to the mill, to the oven.



100% Italian seeds  
100% Italian territory  
50% less salt

BREAD  
more flavour

## WHO - World Health Organization recommendations

The WHO has recommended a reduction in daily salt intake, from 10 to 5 g. Nostrano Bread contains 50% less salt, thus helping to lower the risk of hypertension and related cardiovascular diseases.

*Daily salt intake per capita in Italy: 10-15 g.*



## natural source of fibre flours

Emilia Romagna region  
Soft wheat flour type 1 and stone-ground soft whole wheat flour, made using strict integrated production techniques that respect human health and the environment, contribute to providing the correct intake of fibre, vitamins and minerals in everyday nutrition.

*Average fibre content per 100 g: 4.10 g.*



## source of iodine PreSal<sup>®</sup>

Thanks to specific protective technology developed together with the University of Bologna, Presal reduces the dispersion of iodine during baking.

The Presal iodine contained in Nostrano Bread contributes to normal energy metabolism and is a vital aid to a child's growth and to preventing many thyroid disorders.

*22.5 mcg of iodine per 100 g of finished product*





100% Italian seeds  
100% Italian territory  
50% less salt

# NOSTRANO and NOSTRANO with RISO VENERE

## Two products to meet every need



### Sandwich loaf

APPROXIMATE RECIPE:

<b>NOSTRANO</b> Riso Venero or Soft Wheat	kg	10.000
Water at 5°C	kg	5.000
Extra Virgin Olive Oil	kg	1.000

Kneading time (spiral): 5 min. 1<sup>st</sup> speed - 8-10 min. 2<sup>nd</sup> speed  
Rest: 10-15 minutes.  
Forming: spread onto tray.  
Proving time: 60-90 minutes.  
Baking time: 240°C for about 40 minutes.

Combine the NOSTRANO Mix with water on 1<sup>st</sup> speed for 5 minutes, then on 2<sup>nd</sup> speed for about 6-7 minutes, without rest. Use a bread moulder machine to form 600 or 1200 g loaves depending on the pan. Carefully press the loaf into the pan. Close the pan lid. Let the dough rise for about 60-90 minutes. Bake at 240°C for about 40 minutes. Remove the sandwich loaf from the pan immediately after baking.



### Flat bread

APPROXIMATE RECIPE:

<b>NOSTRANO</b> Riso Venero or Soft Wheat	kg	10.000
Water at 15-17°C	kg	6.000
Extra Virgin Olive Oil	kg	0.200

Kneading time (spiral): 5 min. 1<sup>st</sup> speed - 6-7 min. 2<sup>nd</sup> speed  
Rest: 10-15 minutes.  
Forming: spread onto tray.  
Proving time: 60-90 minutes with brine.  
Baking time: 240°C, without steam for 20 minutes.

**Brine** - dose for 1 60x40 cm tray

Water	kg	0.100
Extra Virgin Olive Oil	kg	0.100
Salt	kg	0.015

Combine the NOSTRANO Mix with water on 1<sup>st</sup> speed for 5 minutes, then on 2<sup>nd</sup> speed for about 6-7 minutes. Form strips of dough, place them in the tray, grease them, and let the dough rise for 10-15 minutes. Prepare the brine as shown in the recipe, roll onto the strips of dough and, using your fingers, indent the flat bread to form the classic holes. Let the dough rise for about 60-90 minutes. Bake without steam at 240°C for 18-20 minutes.



### Breadsticks

APPROXIMATE RECIPE:

<b>NOSTRANO</b> Riso Venero or Soft Wheat	kg	10.000
Water at 10°C	kg	6.000
Extra Virgin Olive Oil	kg	1.000

Kneading time (spiral): 5 min. 1<sup>st</sup> speed - 8-10 min. 2<sup>nd</sup> speed  
Forming: shape into loaves and grease.  
Rest: 60-90 minutes covered.  
Forming: shape dough into strips.  
Proving time: 30 minutes.  
Baking time: 200°C, with very little steam for 15-17 minutes.

Combine the NOSTRANO Mix with water on 1<sup>st</sup> speed for 5 minutes, then on 2<sup>nd</sup> speed for approximately 8-10 minutes. Without rest time, shape some loaves by hand, grease the table, flatten the loaves, grease them and cover them with nylon cloth for about 60-90 minutes. Use a scraper to cut strips of dough from the loaf, roll them in breadcrumbs, stretch them out and lay them in the tray. Let the dough rise for about 30 minutes. Bake with very little steam at 200°C for 15-17 minutes.



### Crackers

APPROXIMATE RECIPE:

<b>NOSTRANO</b> Riso Venero or Soft Wheat	kg	10.000
Water at 15-18°C	kg	5.000
Extra Virgin Olive Oil	kg	1.000

Kneading time (spiral): 5 min. 1<sup>st</sup> speed - 8-10 min. 2<sup>nd</sup> speed  
Forming: flatten and place in tray; pierce.  
Proving time: approximately 1 hour.  
Baking time: 200°C, without steam for 15-17 minutes.

Combine the NOSTRANO Mix with water on 1<sup>st</sup> speed for 5 minutes, then on 2<sup>nd</sup> speed for approximately 8-10 minutes. Without rest time, shape into small loaves of about 400g, wrap them loosely, grease them, and let the dough rise for 30-40 minutes and flatten. Place in a 60x40 cm greased tray and pierce using a dough docker. Let the dough rise for about an hour. Before baking, form diamond shapes using the cutter wheel and sprinkle with a little salt. Bake without steam at approximately 200°C for 15-17 minutes.



### Ciabatta and Francesino

APPROXIMATE RECIPE:

<b>NOSTRANO</b> Riso Venero or Soft Wheat	kg	10.000
Water at 25°C	kg	7.500-8.000

Kneading time (spiral): 5 min. 1<sup>st</sup> speed - 8-10 min. 2<sup>nd</sup> speed  
Rest in tub: 60 minutes.  
Form size and shape: as desired.  
Proving time: 60 minutes.  
Baking time: 240°C for a total of 30-35 mins.

Combine the NOSTRANO Mix with 6 litres of water on 1<sup>st</sup> speed for 5 minutes, then gradually add the remaining water on 2<sup>nd</sup> speed for approximately 8/10 minutes. After a rest period of 60 minutes, shape by hand using plenty of flour. Let the dough rise for 60-70 minutes and bake with the steam valve closed at approximately 240°C for 20 minutes, then for another 10-15 minutes with the valve open. NB. Production lines can be used for ciabatta bread.



### “Large Form Size” Bread

APPROXIMATE RECIPE:

<b>NOSTRANO</b> Riso Venero or Soft Wheat	kg	10.000
Water at 25°C	kg	5.000-5.500

Kneading time (spiral): 5 min. 1<sup>st</sup> speed - 8-10 min. 2<sup>nd</sup> speed  
Rest in tub: 60 minutes.  
Form size and shape: as desired.  
Proving time: 60-70 minutes.  
Baking time: 240°C for a total of 30-35 mins.

Combine the NOSTRANO Mix with water on 1<sup>st</sup> speed for 5 minutes, then on 2<sup>nd</sup> speed for approximately 8-10 minutes. After a rest period of 60 minutes, shape by hand using plenty of flour. Let the dough rise for 60-70 minutes and bake with the steam valve closed at approximately 240°C for 20 minutes, then for another 10-15 minutes with the valve open.



### “Classic Nostrano” Bread

APPROXIMATE RECIPE:

<b>NOSTRANO</b> Riso Venero or Soft Wheat	kg	10.000
Water at 25°C	kg	7.000-8.000

Kneading time (spiral): 5 min. 1<sup>st</sup> speed - 8-10 min. 2<sup>nd</sup> speed  
Rest in tub: 60 minutes.  
Form size and shape: as desired.  
Proving time: 60 minutes.  
Baking time: 240°C for a total of 30-35 mins.

Combine the NOSTRANO Mix with 6 litres of water on 1<sup>st</sup> speed for 5 minutes, then gradually add the remaining water on 2<sup>nd</sup> speed for approximately 8/10 minutes. After a rest period of 60 minutes, shape by hand using plenty of flour. Let the dough rise for 60 minutes and bake with the steam valve closed at approximately 240°C for 20 minutes, then for another 10-15 minutes with the valve open.



### Kneading Process



### Croissants

APPROXIMATE RECIPE:

<b>NOSTRANO</b> Riso Venero or Soft Wheat	kg	10.000
Water at 15-17°C	kg	5.500-6.000
Butter	kg	0.500
Mélange sheets	kg	3.000

Kneading time: 5 min. 1<sup>st</sup> speed - 3 min. 2<sup>nd</sup> speed  
Rest: 10 min.  
Turning: 1 fold into 3 and one into 4 with mélange sheets.  
Final proving time: approximately 80 minutes at 30°C with 80% humidity.  
Baking time: 220°C for 15-18 min.

Mix all the ingredients excluding the mélange until you get a smooth and dry dough. Let the dough rest for 10 minutes. Turn the dough by folding into 3 and then 4. Shape into croissants and let them rise for about 80 min in a refrigerating room at 30°C and 80% humidity. Place in the oven and bake for 15-18 min. at 220°C.

