

PANVIVO

A marriage of liquid sourdough
and sprouted grains

A PRODUCT BY
MILLBO

2019



BREAD MANUFACTURED WITH SOURDOUGH

CONTAINS SPROUTED BUCKWHEAT

UNIQUE TASTE WITH PLEASANT ACIDITY

1

LACTOBACILLUS
SANFRANCISCENSIS

2

SPROUTED
BUCKWHEAT

3

BALSAMIC
VINEGAR

WHEN USING PANVIVO SARRASIN BREAD COMES ALIVE

Panvivo Sarrasin is a unique liquid and pourable sourdough, based on the famous culture *Lactobacillus Sanfranciscensis*, flavourful Italian balsamic vinegar, married with sprouted buckwheat. It provides everything for the baker to create that great tasting loaf.

By using Panvivo Sarrasin bread will have a unique taste, with pleasant acidity, extra softness thanks to the added bonus of super healthy, tasty, sprouted buckwheat.

PAN bread – VIVO alive



Panvivo aptly describes what happens when this new sourdough is used – bread comes alive

LACTOBACILLUS SANFRANCISCENSIS

It was first isolated in San Francisco in 1971 and gives the name to the product.

HISTORY: During the 19th Century Californian Gold Rush, the prospectors brought with them flour and water, which had fermented and became the starter culture for their bread. It was so important to them that the miners would cuddle the starter culture on cold nights so that the yeast and bacteria would not die. The San Francisco sourdough bread is still very much alive today and San Francisco is considered to be the capital of sourdough in the United States.



SPROUTED BUCKWHEAT

Owing to the nutritious properties and its remarkable food uses, Buckwheat has been introduced into the diet as an "alternative cereal". The main reason for the growing interest in this pseudo-cereal is its nutritional value and the high biological value of the proteins.

Buckwheat is rich in potassium, magnesium, manganese, copper, zinc, phosphorus, iron, calcium and sodium. Buckwheat seeds also contain several of the B group vitamins (B1, B2, and B6) and also vitamin PP (nicotinic acid) and E (tocopherol) in higher concentrations than in usual cereals.

The sprouting process



Sprouting is a natural process which enhances both nutritional and flavour improvements in seeds and grains.

In the industrial process, the seeds and grains are germinated through a controlled process that guarantees food safety and allows for the highest bioavailability of minerals, vitamins, amino acids and enzymes.

Due to the presence of sprouted buckwheat, Panvivo Sarrasin produces total unique baked goods.



BALSAMIC VINEGAR

Dense and creamy with a truly unique taste. Balsamic Vinegar is so highly prized that it is considered as Italian black gold. It boasts a centuries old history with a protected designation of origin.

HISTORY

True Balsamic Vinegar can only be produced in the area of Modena where the grapes and climate have particular characteristics. Above all, it is the centuries old way of cooking the grapes, which produces the "must", that has been handed down through the generations, plus the quality of the wooden barrels and the microclimate of the vinegar factory which results in this unique product.

Italian focaccia

	% on flour
Panvivo Sarrasin	7
flour w 250	100
malt it 14 (millbo diastatic malt)	1,3
domino verde (millbo improver)	1
olive oil	5
water	60
fresh yeast	3,5
salt	1,8

1. Dissolve the yeast in 1lt water and then add the other ingredients
2. Mix on low speed for 3 minutes and then fast speed for 12 minutes, adding the water twice during mixing and salt in last few minutes
3. Divide the dough in to 1800g portions and rest the dough for 30 minutes
4. Stretch out the dough with a rolling pin and place the dough on a 60 x 40cm oiled baking tray
5. Oil the dough and leave to prove for 45 minutes in a proofer at 30°C and 70%HR
6. Paint the dough with oil, sprinkle with salt dimpling the surface with small holes
7. Leave the dough prove for 60 minutes in a proofer at 30 at 70% H.R
8. Bake at 250 for 20 minutes

Ciabatta

	% on flour
Panvivo Sarrasin	6
soft flour w 300	100
malt it 14 (millbo diastatic malt)	0,5
domino verde (millbo improver)	1
water	70
fresh yeast	1
salt	2

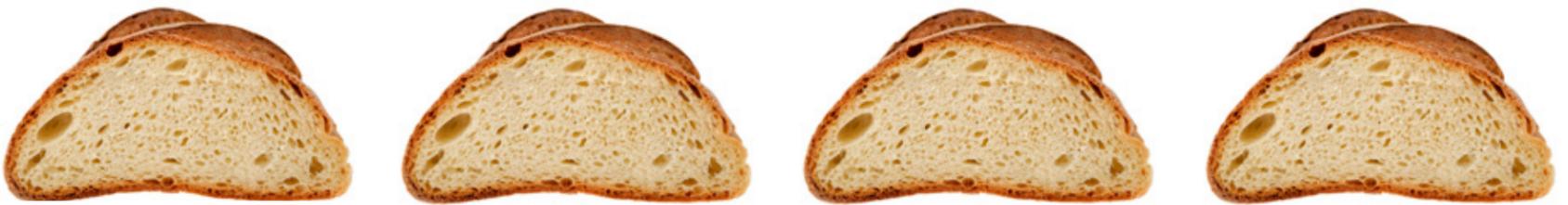
1. Dissolve the yeast in 50% of the water and add all the other ingredients, except for salt
2. Mix for 5 minutes at low speed and then 15 minutes on fast speed gradually adding the rest of the water. Add the salt in the last few minutes. Mix to an elastic and homogenous dough
3. Leave the dough to prove for 2 hours at room temperature
4. Flour the table and divide the dough into 500g portions
5. Leave the dough to prove for 45/50 minutes
6. Bake at 240°C for 40 minutes, adding steam after 30 minutes of baking time

Bagel

	% on flour
Panvivo Sarrasin	8,9
strong flour (W 320/350)	100
malt it 14 - diastatic wheat malt	0,7
sunflower oil	1,8
vinegar	1,6
water	54,4
fresh yeast	1,1
caster sugar	7,3
salt	2

1. Dissolve sugar and yeast in warm water
2. Add the flour and all the other ingredients and mix to an elastic and homogenous dough
3. Place the dough in an oiled bowl and rest for 15/20 minutes
4. Divide the dough in 120g portions and rest the dough for 15 minutes
5. Form ring doughnut shapes and place on floured trays
6. Let the dough prove for 45/60 minutes
7. Boil water in a large pan and immerse the bagels and cook 3 minutes on both sides
8. Drain the bagels and transfer to a parchment paper lined baking tray; egg glaze on the surface and bake for 20 minutes at 180°

WE LOVE PANVIVO!



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