

# Pain de Mie with Lactose



## INGREDIENTS

	Grams	Bakers (%)	Usage Levels (%)
Flour, bread, high-protein	900.0	100.00	54.161
Water	588.0	65.30	35.385
Sugar (sucrose)	40.8	4.50	2.455
<b>Lactose</b>	<b>36.2</b>	<b>4.00</b>	<b>2.178</b>
Yeast, instant	27.0	3.00	1.624
<b>Skimmed milk powder</b>	<b>27.0</b>	<b>3.00</b>	<b>1.083</b>
Salt	18.0	2.00	1.092
<b>Butter</b>	<b>18.0</b>	<b>2.00</b>	<b>1.092</b>
Dry barley malt extract (yeast food)	4.5	0.50	0.270
Emulsifier	2.2	0.25	0.132
<b>Total</b>			<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	260kcal
<b>Total Fat</b>	2g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	5mg
<b>Total Carbohydrates</b>	51g
Dietary Fiber	2g
Sugars	6g
<b>Protein</b>	9g
Calcium	30mg
Magnesium	20mg
Phosphorus	97mg
Potassium	120mg
Sodium	500mg
Iron	1mg
Vitamin A	32IU
Vitamin C	0mg

## PREPARATION

1. In a bowl of a mixer fitted with a paddle attachment, place all dry ingredients and mix for 1 minute.
2. Add water to mixer and mix on low speed for 5 minutes and then approximately 3 minutes on a medium speed (of a 3-speed mixer) or until good gluten is achieved.
3. Remove dough from bowl and round.
4. Place in covered container for 45 minutes at "room temperature" (no lower than 24°C (75°F) and not exceeding 27°C (81°F)).
5. Divide dough into desired weights, round and let rest, covered, for 10 minutes.
6. Mold. Place in a pan with lid.
7. Proof at 35°C (95°F) for approximately 1 hour.
8. Bake at 190°C (375°F) for approximately 20 minutes or until internal temperature of loaves reaches 84°C (183°F).
9. De-pan immediately. A 900 g (32 oz) pan holds 2 loaves scaled at 560 g (20 oz). 20 minutes or until internal temperature of loaves reaches 84°C (183°F).

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Developed by the International School of Baking. ©2014 U.S. Dairy Export Council.