



Tip

Also try FiberHUSK® in other recipes where you would like higher fibre content.
Add 20 gram FiberHUSK® + 100 ml fluid per 500 gram flour used in the recipe.

Sourdough starter with rye flour

100 ml	water, lukewarm
5 g	fresh yeast
100 ml	buttermilk
200 ml	rye flour, coarse
½ tsp	salt

Sourdough starter

An "old" sourdough is best, so try to get a hold of one. If you can't get sourdough from family or friends then use the recipe here, or buy a sourdough starter in a health shop.

Dissolve yeast in the lukewarm water. Add buttermilk, coarse rye flour and salt, and stir it thoroughly to a thin porridge. Pour it into a glass jar, cover with cling film or a screw top and leave it at room temperature for 5-6 days. Sprinkle with a little salt and place in the fridge.

Facts

about FiberHUSK®

FiberHUSK® is a water soluble fibre product consisting of pulverized Psyllium husks. FiberHUSK® is entirely a natural product and contains 85 % dietary fibres. Bread with higher dietary fibre content gives you a better sense of fullness and a slower rise in your blood sugar levels. The dietary fibres also further the digestion by keeping the intestinal content soft and pliable.



By adding FiberHUSK® to your bread you get higher fibre content and a better texture of the bread. The bread will also retain moisture better and therefore keep for longer. You can use FiberHUSK® in both bread and cakes.

The recipes in this folder are developed by clinical dietician Mette Borre.

Should you have questions or comments about the recipes or the product, you are welcome to contact us (please see back of folder).

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HUSK**

FiberHUSK® is available at the pharmacy, in health shops and some convenience stores.

Nordic bread

Corn is an important part of Nordic food, and we have grown and eaten corn since the Stone Age – in flatbread, rye bread, crispbread, porridge and beer ...

Back then it was einkorn, emmer and barley that was grown, later came rye and oats, in the beginning as weeds in the fields. Although new cereals were developed from these – among others spelt and wheat – it is still these few cereals that form the basis of the basic food we eat in the Nordic countries.

Cereals, and especially wholemeal, is healthy, because all parts of the kernel is used, including the outer husk and the germ, where all the beneficial fibres, vitamins, minerals, fats and proteins are. Wholemeal gives you a really good sense of fullness. This means you eat less and it becomes easier to maintain your weight. The high content of fibres keeps the stomach working and is good for the digestion.

Sourdough

Sourdough is one of the oldest raising agents in the world and you get better bread with a better taste. It does take some planning, but the end result is very good.

*3 good
baking recipes*



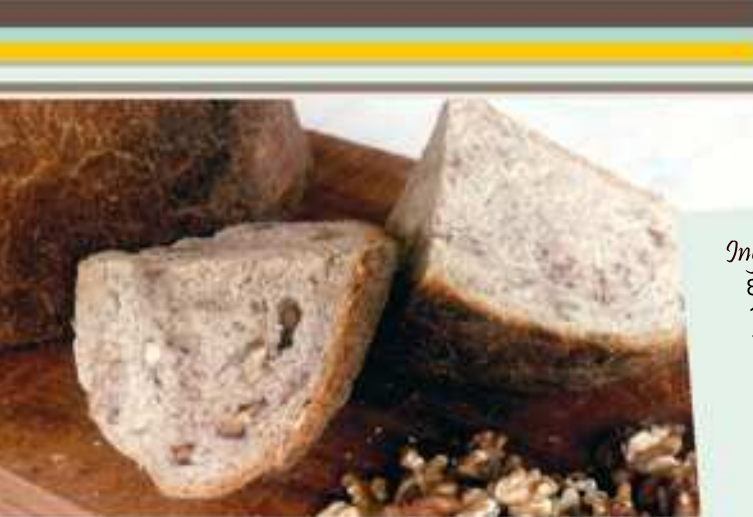
Nordic bread

Fibre rich and with sourdough



HUSK PRODUCTS
W. Ratje Froeskaller ApS
Kirstinehoej 34 • 2770 Kastrup • Denmark
Tel +45 3251 9600 • www.fiberhusk.dk

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Walnut Bread

with rye flour and sourdough

2 loafs

Ingredients	
800 ml	water
10 g	fresh yeast
1	portion sourdough (ca. 150 ml)
150 g	rye flour, wholemeal (250 ml)
150 g	spelt flour (250 ml)
900 g	wheat flour (1.4 l)
20 g	FiberHUSK® (2½ tbsp)
20 g	salt (1½ tbsp)
25 g	syrup (2 tbsp)
175-225 g	walnuts, roughly chopped (300 ml)

* See recipe for sourdough starter or buy one in a health shop

Tip

Whole rye grains can be replaced by cut rye grains or whole oat or wheat grains. Oatmeal is available in health shops.

Nutritional value per 100 g	
Energy	964 kJ / 230 kcal
Protein	7.2 g
Fat	2.4 g
Carbohydrates	44 g
Dietary fibres	6.4 g

Day 1

Dissolve yeast and sourdough in the water. Pour boiling water over the rye grains and leave them to soak for a little while before straining. Add FiberHUSK®, oatmeal, wheat flour, salt and sugar. You achieve the best result when using a food mixer, but you can also knead the dough by hand. If you use a food mixer, stir for about 10 minutes on medium speed. Place the dough in a bowl, cover with cling film and leave to rise in the fridge for about 20 hours.

Day 2

Take the dough out of the fridge and shape into two loafs. Place the loafs on a greased baking sheet (or cover with baking paper), or place them in two greased 1.5 l loaf tins (or line with baking paper). Cover the loafs and leave to rise for about 2 hours. Brush the loafs with a mixture of water and oil. Bake in a preheated oven at 200° C for about 35-45 minutes. Cool on a wire rack.

* See recipe for sourdough starter or buy one in a health shop

Ingredients

2 loafs

900 ml	water
10 g	fresh yeast
1	portion sourdough (about 150 ml)
150 g	whole rye grains (200 ml)
20 g	FiberHUSK® (2½ tbsp)
500 g	oatmeal (about 900 ml)
500 g	wheat flour (about 850 ml)
25 g	salt (1½ tbsp)
25 g	organic cane sugar (2 tbsp)
	(or 2 tbsp syrup)



Farmer Bread

with oatmeal and whole kernels

Day 1

Chop the walnuts. Dissolve yeast and sourdough in the water. Add rye flour, spelt flour, wheat flour, FiberHUSK®, salt and syrup. You achieve the best result when using a food mixer, but you can also knead the dough by hand. If you use a food mixer, stir for about 10 minutes on medium speed. Add walnuts the last minute of the kneading. The walnuts are best kneaded into the dough by hand so they don't crumble. Place the dough in a bowl, cover with cling film and leave to rise in the fridge for about 20 hours.

Day 2

Take the dough out of the fridge and shape it into two loafs. Place the loafs on a greased baking sheet (or cover with baking paper). Cover the loafs and leave to rise for about 2 hours. Brush the loafs with a mixture of water and oil. Bake in a preheated oven at 220° C for about 30 minutes. Leave to cool on a wire rack.

Tip

Walnuts can be replaced by sundried tomatoes. Eat the bread as it is or with cold cuts or cheese.

Nutritional value per 100 g

Energy	1260 kJ / 300 kcal
Protein	7.7 g
Fat	7.5 g
Carbohydrates	52 g
Dietary fibres	5.2 g

Rye Bread

with whole and cut grains



Ingredients

1 large loaf or 2 small loafs in small loaf tins

400 ml	water
1	malt beer (330 ml)
10 g	fresh yeast
1	portion sourdough (about 150 ml)
25 g	syrup (2 tbsp)
20 g	salt (1½ tbsp)
150 g	cut rye grains (200 ml)
150 g	whole rye grains (200 ml)
20 g	FiberHUSK® (2½ tbsp)
500 g	rye flour, wholemeal (850 ml)
250 g	wheat flour (400 ml)

Day 1

Stir beer, yeast, sourdough, syrup and salt into the water. Pour boiling

water over the whole and cut grains and leave them to soak for a little before straining. Add rye flour, cut and whole grains, FiberHUSK® and wheat flour to the other ingredients. You achieve the best result when using a food mixer. Stir for about 10 minutes on medium speed.

Take out sourdough for next time.* Place the dough in a greased 3 litre loaf tin (or line with baking paper). cower with a tea towel and leave to rise for about 24 hours at room temperature.

Day 2

Brush the loaf with water. Bake in a preheated oven at 160° C for about 2 ½ hours. Cool on a wire rack after removing it from the tin.

Tip

Whole grains can be replaced by cut grains.

Nutritional value per 100 g

Energy	1123 kJ / 267 kcal
Protein	6.6 g
Fat	1.5 g
Carbohydrates	56 g
Dietary fibres	9.8 g