

ITEM CODE: PL0001



PIEMONTE..

## Polenta di Beura

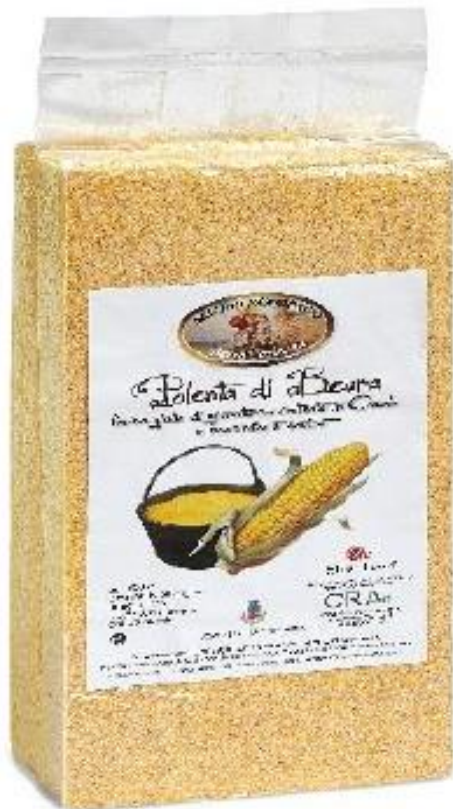
Whole corn flour grown in Ossola, in the territory of the Municipality of Beura, without the use of fertilizers and parasites. It is an exceptional product. The oily part of the germ gives a full and natural taste as well as a unique softness. The grain size is irregular, a characteristic due to the fact that this type of flour is still stone-ground.

INGREDIENTS: corn flour

ALLERGENS: n.p. NO GMO

### NUTRITIONAL INFORMATIONS

(In respect of 100 g of product)



Energy value	1569 KJ/375 kcal
Fats	1.39 g - with a saturated fat content: 0.3g-
Carbohydrates	82.75 g -with a sugars content of: 0.64 g-
Protein	5.59 g
Salt	0.02 g
Fiber	1.9
Water	9.81
Ashes	0.46

### PACKAGING'S INFORMATIONS \*

WEIGHT	PIECE PER PACKAGE	CARTON PER STRATUM	PALLET	BOX MEASURES	SHELF LIFE
1 Kg	12	On demand	On demand	//	12 months

\*The packaging material used complies with current legislation

# Technical sheet



## *Production technologies and organoleptic characteristics*

It is a wholemeal corn flour, obtained from the stone grinding of 2 vitreous varieties cultivated with the conventional method, but with absolute respect for the environment, in the territory of the municipality of Beura. There is no organic certification, but no fungicides or insecticides and chemical fertilizers have been used for its production, but only an initial fertilization based on cow manure.

This flour is called integral, as the caryopsis is not sectioned, but ground whole, so all the components are left. The only part to be removed is the part of the bran. Wholemeal flour, thanks to the presence of the germ (part of the oil-rich seed) is more nutritious, but slightly more prone to rancidity, hence the need for packaging in plastic bags.

Corn flour has a low protein content but is very rich in starch and does not contain gluten, therefore, it can represent a potential ingredient for foods intended for celiac subjects.

For an optimal preparation, the Beura flour should be removed from the pack half an hour before cooking, which is done in 50 - 60 minutes. The dose of water is 3.5 liters per 1000 grams if you want a softer end product. If instead you want to get a drier polenta, just 3 liters per 1000g are enough.