BAKELS
BAKERY INGREDIENTS SINCE 1904

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MULTIGRAINS HEALTH BREAD

CATEGORY

Other Products

INGREDIENTS

Group 1

Ingredient	KG
BAKELS 8 GRAIN BASE	0.300
Water	0.300
	Total Weight: 0.600

Group 2

Ingredient	KG
Bread Flour	0.700
Chilled Water	0.260
Brown Sugar	0.030
LECITEM SUPREME	0.025
BAKELS MARGARINE P	0.020
Salt	0.015
BAKELS INSTANT ACTIVE DRIED YEAST	0.010
	Total Weight: 1.060

METHOD

1. Presoak Group 1 for at least 4 hours.
2. Add all the ingredients in Group 2 and mix into a well develop dough.
3. Allow dough to rest for 10 minutes.
4. Scale 50, 100, 150 and 400 g dough and mould into desired shape, give approximate 50 minutes proofing at 35°C and 75% relative humidity.
5. Bake at 210°C for approximate 15-30 minutes depending on size.