

# MULTISEED LOW GI BREAD

## INGREDIENTS

### Group 1

| Ingredient                              | KG           |
|---|--------------|
| BAKELS COUNTRY OVEN MULTISEED BREAD MIX | 1.000        |
| Bread Flour                             | 1.000        |
| BAKELS INSTANT ACTIVE DRIED YEAST       | 0.020        |
| Water                                   | 1.050        |
| <b>Total Weight:</b>                    | <b>3.070</b> |

## METHOD

1. Mix into a well develop dough.
2. Allow dough to rest for 15 minutes before process.
3. Scale 450 g dough and mould into oblong shape,give approximate 60 minutes proofing at 35°C and 75% relative humidity.
4. Bake at 210°C for 30 minutes.



## CATEGORY

Breads, Rolls & Pastry