



Bread & Rolls - Wholemeal & Wheatmeal - Wheatmeal Breads and Rolls

Recipe No:
R105 - R105b

WHEATMEAL BREAD OR ROLLS

USING HERCULES ROLL MIX

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
	HERCULES ROLL MIX	4.000	100%
	FINO MEAL BASE	0.800	20%
	Salt	0.020	0.5%
	BAKELS INSTANT ACTIVE YEAST	0.060	1.5%
	Water (variable)	2.950	73.5%
Total Weight		7.830	

- Method:**
1. No time dough.
 2. Place all ingredients in machine bowl.
 3. Thoroughly develop on slow speed.
 4. Dough temperature 30-31°C.
 5. Allow dough to recover 5 minutes.
 6. Scale and mould as desired.
 7. Prove then bake at 230°C.
- Notes:**
- If using Compressed Yeast, use 200g in above recipe.
- Using bakers percentages - Percentages on total premix weight
- Yield:**
- 11 Loaves scaled at 700 g or 8.5 dozen Rolls scaled at 75 g.