



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

Recipe No:
R180 - R180B

WHOLEMEAL BREAD

USING QUANTUM PLUS

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
	Flour	3.800	100%
	FINO MEAL BASE	1.200	31.6%
	Salt	0.100	2.6%
	QUANTUM PLUS	0.075	1.9%
	Optional: MASTERFAT	0.125	3.2%
	BAKELS INSTANT ACTIVE YEAST	0.075	1.9%
	Water (variable)	3.300	86.8%
Total Weight		8.675	

Method: 1. No time dough.
2. Place all ingredients in machine bowl and develop thoroughly.
3. Dough temperature 30-31°C.
4. Allow dough to recover 5-10 minutes.
5. Scale and mould as desired.
6. Proof then bake at 230°C.

Notes: If using Compressed Yeast, use 225 g in above recipe.
Using bakers percentages - Percentages on white flour weight
For a lighter or heavier meal bread, the proportions of FINO MEAL BASE and flour can be altered to suit.

Yield: 12 Loaves scaled at 700 g.