



Bread & Rolls - Specialty - Sourdough

Recipe No:
R111 - R111d

HONEY & SUNFLOWER SEEDS SOUR DOUGH

USING BAKELS HENRYS SOURDOUGH

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
1	Flour	3.000	100%
	BAKELS HENRYS SOURDOUGH NATURAL	2.000	66.6%
	BAKELS INSTANT ACTIVE YEAST	0.080	2.7%
	Honey	0.375	7.5%
	Water	2.750	92%
2	Sunflower Seeds	0.500	16.7%
Total Weight		8.705	

Method:

1. No time dough.
2. Place Group 1 ingredients in mixer and mix until dough is cleared.
3. Add Group 2 and mix on slow speed until Sunflower Seeds are distributed evenly.
4. Allow a bench time of 5-10 minutes.
5. Scale and mould as desired.
6. Prove and bake at 220°C (428°F) for approximately 20-25 minutes.

Notes:

If using compressed yeast, use 250g in above recipe.

Using bakers percentages - Percentages on white flour weight

Yield:

17 Loaves, Cobbs or Viennas scaled at 500 g.