



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

Recipe No:
R103 - R103b

WHEATMEAL BREAD & ROLLS

USING BAKELS LIQUID IMPROVER

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
	Flour	4.000	100%
	FINO MEAL BASE	1.000	25%
	Salt	0.100	2.5%
	BAKELS LIQUID IMPROVER	0.140	3.5%
	BAKELS INSTANT ACTIVE YEAST	0.065	1.6%
	Water (variable)	3.000	75%

Total Weight	8.305
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Method:

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

Notes:

If using Compressed Yeast use 200g in the above recipe.

Using bakers percentages - Percentages on white flour weight

Ingredient percentages are higher due to extra cereal products.

Yield: 11.5 Loaves scaled at 700 g. or 9.5 dozen bread rolls scaled at 70g.