



Bread and Yeast Compounds - Bread Bases

Recipe No:

R125 - R125b

HEALTHY FRUIT AND NUT AMERICAN RYE

USING [BAKELS NATIVE AMERICAN RYE BREAD BASE](#)

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>
1	BAKELS NATIVE AMERICAN RYE BREAD BASE	1.650
	Flour	3.300
	Wholemeal Flour	1.650
	Brown Sugar	0.650
	Bakels Instant Active Yeast	0.130
	Water	3.400
2	Raisins	0.660
	Walnuts	0.660
Total Weight		12.100

Method:

1. Place Group 1 ingredients into mixing bowl and develop thoroughly.
2. Final dough temperature 31°C.
3. Add Group 2 ingredients and mix on slow speed (approx. 1 minute).
4. Allow to recover for 5-10 minutes.
5. Divide and mould as desired.
6. Allow a further 5 minutes bench time before final moulding.
7. Final proof time approximately 50 minutes.
8. Bake at 190°C for approximately 30 minutes.

Notes: The metric recipe is of similar size to the avoirdupois recipe but is not an exact conversion.
When using Fino Meal Base these two ingredients can be substituted with 500g of Fino Meal Base and 4.45kg Bakers Flour.