



Bread & Rolls - Specialty - Sourdough

**Recipe No:**  
**R111 - R111k**

## **SWEET & SOUR BAPS**

USING BAKELS HENRYS SOURDOUGH

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
	BAKELS HENRYS SOURDOUGH NATURAL	1.200	48%
	Flour	2.500	100%
	FINO MEAL BASE	0.400	16%
	Salt	0.030	1.2%
	Honey	0.250	10%
	BAKELS INSTANT ACTIVE YEAST	0.080	3.2%
	Water (variable)	2.500	100%

---

<b>Total Weight</b>	<b>6.960</b>
---------------------	--------------

- Method:**
1. No time dough.
  2. Place all ingredients into mixer and mix on slow speed for 2 minutes.
  3. Then mix on high speed for approximately 8 minutes or until dough is developed.
  4. Give the dough a bench time of 5 minutes.
  5. Scale, round and allow for further 5 minute rest.
  6. Mould and proof for approximately 45-60 minutes.
  7. Bake at 200°C for approximately 15 minutes.

**Notes:** If using compressed yeast, use 250g in above recipe.  
Using bakers percentages - Percentages on white flour weight

**Yield:** 7.5 dozen Baps scaled at 75 g.