



Bread & Rolls - Grain - Deposited Breads

**Recipe No:**

**R105 - R105e**

**ALEXANDER BREAD**

USING [HERCULES ROLL MIX](#)

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
1	Kibbled Wheat	1.500	40%
	Salt	0.050	1.3%
	Water	1.900	50.7%
2	HERCULES ROLL MIX	3.750	100%
	Wholemeal Flour	1.500	40%
	Flour	0.400	10.7%
	BAKELS INSTANT ACTIVE YEAST	0.045	1.2%
	Water (variable)	3.750	100%

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**Total Weight**

**12.895**

**Method:**

1. No time dough.
2. Soak Group 1 overnight.
3. Place all ingredients in machine bowl and develop thoroughly.
4. Dough temperature 30-31°C.
5. Deposit into bread tins to about half capacity.
6. Prove to three quarter capacity.
7. Oven temperature 220°C.
8. Because of the high water content this bread takes longer than usual to bake and there is very little oven spring.

**Notes:** If using Compressed Yeast, use 125 g in above recipe  
Using bakers percentages - Percentages on total premix weight