



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

**Recipe No:**  
**R110 - R110b**

**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	0.150	3.8%
	BAKELS INSTANT ACTIVE YEAST	0.065	1.6%
	Water (variable)	3.000	75%

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<b>Total Weight</b>	<b>8.315</b>
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**Method:** 1. No time dough.  
2. Place all ingredients in machine bowl and develop thoroughly.  
3. Dough temperature 30-31°C (86-88°F).  
4. Allow dough to recover 5 minutes.  
5. Scale and mould as desired.  
6. Prove then bake at 230°C (450°F).

**Notes:** Using bakers percentages - Percentages on white flour weight  
For a lighter or heavier meal bread, the proportions of FINO MEAL BASE and flour can be altered to suit.  
If using Compressed Yeast, use 200g in above recipe.