



Bread & Rolls - Seeds and Grains - Various Seeds

Recipe No:
R130 - R130a

MULTISEED BREAD (Low G.I.)

USING LOW GI MULTISEED BREAD CONCENTRATE

| <u>Group</u> | <u>Ingredient</u> | <u>KG</u> | |
|--------------|-----------------------------|-----------|------|
| | Bakers Flour | 2.600 | 100% |
| | LOW GI MULTISEED BREAD MIX | 2.600 | 100% |
| | BAKELS INSTANT ACTIVE YEAST | 0.075 | 2.9% |
| | Water (variable) | 2.700 | 104% |

| | |
|---------------------|--------------|
| Total Weight | 7.975 |
|---------------------|--------------|

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 until fully developed.
4. Give the dough a bench time of 5 minutes.
5. Scale, round and allow for a further 5 minute rest.
6. Scale and Mould as desired.
7. Proof then Bake at 220°C.

Notes:

If using Compressed Yeast, use 225 g in above recipe.

Using bakers percentages - Percentages on white flour weight

Yield:

11 Loaves scaled at 700 g.