



Bread & Rolls - Seeds and Grains - Various Seeds

Recipe No:

R130 - R130b

MULTISEED & RYE BREAD

USING LOW GI MULTISEED BREAD CONCENTRATE

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
	Flour	2.000	100%
	LOW GI MULTISEED BREAD MIX	2.600	130%
	FINO RYE BASE	0.600	30%
	BAKELS INSTANT ACTIVE YEAST	0.075	3.8%
	Water (variable)	2.700	135%

Total Weight	7.975
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- 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

If more volume or a lighter texture is desired, add 50 g LECITEM UNIVERSAL (1949)

Yield: 11 loaves scaled at 700 g or 15.5 Cobbs or Viennas scaled at 500 g.