



Bread & Rolls - Seeds and Grains - Various Seeds

**Recipe No:**  
**R130 - R130c**

## **MULTISEED FRUIT BREAD**

USING LOW GI MULTISEED BREAD CONCENTRATE

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
1	Flour	2.600	100%
	LOW GI MULTISEED BREAD MIX	2.600	100%
	BAKELS INSTANT ACTIVE YEAST	0.085	3.3%
	Water (variable)	2.800	108%
2	Sultanas	0.650	25%
	Currants	0.650	25%
	Cherries chopped (optional)	0.250	9.6%
	Nuts chopped (optional)	0.350	13.5%

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<b>Total Weight</b>	<b>9.985</b>
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**Method:**

1. No time dough.
2. Place group 1 ingredients into mixer and mix on slow speed for 2 minutes.
3. Then mix on high speed until fully developed.
4. Add Group 2 and gently mix though (avoid fruit breaking up).
5. Give the dough a bench time of 5 minutes.
6. Scale, round and allow for a further 5 minute rest.
7. Scale and Mould as desired.
8. Proof then Bake at 210°C.

**Notes:**

If using Compressed Yeast, use 275g in above recipe.

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

Using bakers percentages - Percentages on white flour weight

**Yield:** 14 Loaves scaled at 700 g or 13.5 dozen buns scaled at 60 g.