



Bread & Rolls - Seeds and Grains - Various Seeds

Recipe No:

R130 - R130d

MULTISEED NUT 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	0.080	3%
	Water (variable)	2.800	108%
2	Walnuts (chopped)	0.600	23%
	Almonds (chopped)	0.600	23%
	Sunflower Seeds	0.400	15.4%
	Cinnamon (optional)	0.040	1.5%

Total Weight	9.720
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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 mix through.
 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 220°C.

Notes:

If using compressed yeast, use 250g 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: 13.5 loaves scaled at 700 g or 13.5 dozen Buns scaled at 60 g.