



Bread & Rolls - Seeds and Grains - Various Seeds

Recipe No:

R130 - R130e

MULTISEED & RYE BEER BREAD

USING LOW GI MULTISEED BREAD CONCENTRATE

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
	Flour	1.900	100%
	MULTISEED BREAD CONC. (Low G.I.)	2.600	137%
	BAKELS INSTANT ACTIVE YEAST	0.075	4%
	FINO RYE BASE	0.600	31.5%
	Water (variable)	1.100	58%
	Dark Ale (Beer)	1.600	84.2%

Total Weight	7.875
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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.

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

Using bakers percentages - Percentages on white flour weight

Yield: 11 Loaves scaled at 700 g or 10.5 dozen Buns scaled at 60 g.