



Bread & Rolls - Specialty - Sourdough

Recipe No:
R111 - R111I

CRUSTY SOURDOUGH RYE

USING BAKELS HENRYS SOURDOUGH

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
	Flour	2.000	100%
	Ryemeal Flour	1.200	60%
	BAKELS HENRYS SOURDOUGH NATURAL	2.000	100%
	BAKELS INSTANT ACTIVE YEAST	0.080	4%
	Water (variable)	3.600	180%
Total Weight		8.880	

- Method:**
1. Mix dough until fully developed.
 2. Rest 1 hour in plastic bins (use dusting flour).
 3. Scale and shape into a rectangular shape
 4. Rest 1 hour
 5. Gently flatten with hands until there are no air bubbles left
 6. Trim off sides into even rectangular shape.
 7. Alternatively roll dough pieces as for baguettes, but taper ends off sharply
 8. Bake for 22 minute at 210°C with steam
 9. Open damper and bake for a further 6-9 minutes.

Notes: Dough is very slack and should be proofed (rested) in plastic bins sprinkled with dusting flour.

If using compressed yeast, use 250g in above recipe.

When using Fino Rye Base substitute Ryemeal flour with 400g of Fino Rye Base and increase the White flour to 2.8 kg.

Using bakers percentages - Percentages on white flour weight

Yield: 17.5 loaves, Flat breads, Cobbs or Sticks scaled at 500 g.