



Bread & Rolls - Wholemeal & Wheatmeal - Wholemeal Breads and Rolls

Recipe No:
R173 - R173b

WHOLEMEAL BREAD & ROLLS

USING LECITEM UNIVERSAL

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>	
	Flour	3.800	100%
	FINO MEAL BASE	1.200	31.6%
	Salt	0.100	2.9%
	LECITEM UNIVERSAL	0.050	1.4%
	BAKELS INSTANT ACTIVE YEAST	0.065	1.9%
	Water (variable)	3.250	85.5%

Total Weight	8.465
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Method: 1. No time dough. Place all ingredients in machine bowl and develop thoroughly.
2. Dough temperature 30-31°C.
3. Allow dough to recover 5-10 minutes.
4. Scale and mould as desired.
5. Proof then bake at 230°C.

Notes: If using Compressed Yeast use 200g in the above recipe.
Using bakers percentages - Percentages on white flour weight
For a lighter or heavier meal bread, the proportions of FINO MEAL BASE and flour can be altered to suit.

Yield: 12 loaves scaled at 700 g or 9 dozen rolls scaled at 75 g.