



Bread & Rolls - Bread

Recipe No:

R3993 - R399301/2011

MULTISEED LOW GI BREAD

USING BAKELS COUNTRY OVEN MULTISEED BREAD MIX

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>
	BAKELS COUNTRY OVEN MULTISEED BREAD MIX	1.000
	Bread Flour	1.000
	BAKELS INSTANT ACTIVE DRIED YEAST	0.020
	Water	1.050
Total Weight		3.070

Method:

1. Mix into a well develop dough.
2. Allow dough to rest for 15 minutes before process.
3. Scale 450 g dough and mould into oblong shape,give approximate 60 minutes proofing at 35°C and 75% relative humidity.
4. Bake at 210°C for 30 minutes.