



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
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	<b>Total Weight</b>	<b>3.070</b>

- 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.