



Bread & Rolls - Bread

**Recipe No:**

**R3953 - R3953001/2013**

## **WHOLE WHEAT BREAD**

USING BAKELS WHOLE WHEAT BREAD MIX

| <u>Group</u>        | <u>Ingredient</u>                 | <u>KG</u>    |
|---------------------|-----------------------------------|--------------|
| 1                   | BAKELS WHOLE WHEAT BREAD MIX      | 2.000        |
|                     | BAKELS INSTANT ACTIVE DRIED YEAST | 0.020        |
|                     | Water                             | 1.120        |
| <b>Total Weight</b> |                                   | <b>3.140</b> |

- Method:**
1. Place Group 1 into mixing bowl and mix for 12 minutes or until the dough is well developed.
  2. Allow dough to rest for 8 – 10 minutes.
  3. Scale and mould 500gm of dough into desired shape (open top and sandwich).
  4. Prove the dough at 37°C and humidity 75.
  5. Bake the dough at 220°C