



Bread & Rolls - Bread

Recipe No:

R3952 - R3952001/2013

WHOLEMEAL BREAD

USING BAKELS WHOLEMEAL BREAD MIX

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>
1	BAKELS WHOLEMEAL BREAD MIX	1.000
	Water	0.635
	BAKELS INSTANT ACTIVE DRIED YEAST	0.014
	Shortening	0.033
Total Weight		1.682

Method:

1. Place all ingredients into mixing bowl and mix for 10-12 minutes or until the dough is well developed.
2. Allow dough to rest for 5 – 10 minutes.
3. Scale and mould 300gm of dough into desired shape.
4. Prove the dough at 37°C and humidity 75.
5. Bake the dough at 220°C with steam.