



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
<b>Total Weight</b>		<b>1.682</b>

- 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.