

ALEXANDER BREAD

INGREDIENTS

Group 1

Ingredient	KG	%
Kibbled Wheat	1.500	40.00
Salt	0.050	1.30
Water	1.900	50.70
Total Weight:		3.450

Group 2

Ingredient	KG	%
HERCULES ROLL MIX	3.750	100.00
Wholemeal Flour	1.500	40.00
Flour	0.400	10.70
BAKELS INSTANT ACTIVE YEAST	0.045	1.20
Water (variable)	3.750	100.00
Total Weight:		9.445

METHOD

No time dough. Soak Group 1 overnight. Place all ingredients in machine bowl and develop thoroughly. Dough temperature 30-31°C. Deposit into bread tins to about half capacity. Prove to three quarter capacity. Oven temperature 220°C. Because of the high water content this bread takes longer than usual to bake and there is very little oven spring.



CATEGORY

Bread, Buns & Rolls