



AUTUMN HARVEST

Ingredients

Group 1

Ingredient	Weight (%)	KG
BAKELS HENRYS SOURDOUGH NATURAL		1.000
		33
Wholemeal Flour		1.000
		33
Rye Flour		0.400
		13
Flour		3.000
		100
Salt		0.040
		1
BAKELS INSTANT ACTIVE YEAST		0.080
		2.7
Water (variable)		2.800
		94
MASTERFAT		0.140
		4.7

Total Weight: 8.460

Method

No time dough. Place all ingredient into a mixer and mix on slow speed for 2 minutes. Scrape down and mix until dough is fully developed. Give dough a bench time of 5 minutes . Divide and mould then leave for a further 5 minutes. Proof approximately 45-60 minutes. Bake at 200°C for approximately 25-30 minutes.



Category

Bread & Rolls - Specialty, Sourdough



Finished Product

16.5 Loaves Cobbs or Viennas scaled at 500 g.

