



AUTUMN HARVEST

Ingredients

Group 1

Ingredient	KG	%
BAKELS HENRY'S 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 ingredients 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.

