

# AUTUMN HARVEST

## INGREDIENTS

### Group 1

Ingredient	KG	%
BAKELS HENRYS SOURDOUGH NATURAL	1.000	33.00
Wholemeal Flour	1.000	33.00
Rye Flour	0.400	13.00
Flour	3.000	100.00
Salt	0.040	1.00
BAKELS INSTANT ACTIVE YEAST	0.080	2.70
Water (variable)	2.800	94.00
MASTERFAT	0.140	4.70
Total Weight:		8.460

## METHOD

No time dough. Place all ingreident 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 200jC for approximately 25-30 minutes.



## CATEGORY

Bread, Buns & Rolls