

DEPOSITED SPICED FRUIT BREAD

INGREDIENTS

Group 1

Ingredient	KG	%
COUNTRY OVEN KIBBLED RYE MIX	1.600	67.00
Water	1.400	58.00

Total Weight: 3.000

Group 2

Ingredient	KG	%
Flour	2.400	100.00
BAKELS INSTANT ACTIVE YEAST	0.040	1.70
Water	1.200	50.00

Total Weight: 3.640

Group 4

Ingredient	KG	%
Sultanas	0.500	21.00
Currants	0.500	21.00
Cherries (chopped)	0.200	8.50

Total Weight: 1.200

Group 3

Ingredient	KG	%
Cinnamon	0.025	1.00
Mixed Spice	0.058	2.40

Total Weight: 0.083

METHOD

Deposited dough. Soak Group 1 for 3 hours. Add Group 2 and develop thoroughly (preferably in planetary mixer (Hobart)). Add Group 3 during last minute of mixing. Add Group 4 and blend through. Dough temperature 30°C. Dough slack consistency. Scale dough into tins approximately half full. Prove until tins three quarters full. Lid and bake at 220°C for 45-50 minutes.



CATEGORY

Bread, Buns & Rolls