

# FISHERMANS BREAD

## INGREDIENTS

### Group 1

Ingredient	KG	%
Flour	3.600	100.00
FINO MEAL BASE	0.400	11.10
FINO PIE MASH	0.110	3.00
Milk Powder	0.050	1.40
FINO BREAD AND ROLL CONCENTRATE	0.300	8.30
BAKELS INSTANT ACTIVE YEAST	0.060	1.70
Water (variable)	2.400	67.00
Total Weight:		6.920

## METHOD

No time dough. Place all ingredients in mixing bowl and develop thoroughly. Dough temperature 30-31°C. Allow dough to recover 5 minutes. Scale at 250g and round up. Pin out to 28cm diameter. Dock then cut out centre hole. Sprinkle with Sesame seed if desired. Prove approximately 30 minutes then bake for approximately 10 minutes at 260°C.



## CATEGORY

Bread, Buns & Rolls