

HEALTHY FRUIT AND NUT AMERICAN RYE

INGREDIENTS

Group 1

| Ingredient | KG |
|--------------------------------|-------|
| Flour | 3.300 |
| Wholemeal Flour | 1.650 |
| Brown Sugar | 0.650 |
| BAKELS INSTANT ACTIVE YEAST | 0.130 |
| Water | 3.400 |
| Walnuts | 0.660 |
| NATIVE AMERICAN RYE BREAD BASE | 1.650 |
| Total Weight: 11.440 | |

Group 2

| Ingredient | KG |
|----------------------------|-------|
| Raisins | 0.660 |
| Total Weight: 0.660 | |

METHOD

Place Group 1 ingredients into mixing bowl and develop thoroughly. Final dough temperature 31°C. Add Group 2 ingredients and mix on slow speed (approx. 1 minute). Allow to recover for 5-10 minutes. Divide and mould as desired. Allow a further 5 minutes bench time before final moulding. Final proof time approximately 50 minutes. Bake at 190°C for approximately 30 minutes.



CATEGORY

Bread - Specialty Breads