BAKELS
BAKERY INGREDIENTS SINCE 1904

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HEALTHY FRUIT AND NUT AMERICAN RYE

CATEGORY

Bread - Specialty Breads

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.