

HONEY & SUNFLOWER SEEDS SOUR DOUGH

INGREDIENTS

Group 1

Ingredient	KG	%
Flour	3.000	100.00
BAKELS HENRYS SOURDOUGH NATURAL	2.000	66.60
BAKELS INSTANT ACTIVE YEAST	0.080	2.70
Honey	0.375	7.50
Water	2.750	92.00

Total Weight: 8.205

Group 2

Ingredient	KG	%
Sunflower Seeds	0.500	16.70

Total Weight: 0.500

METHOD

No time dough. Place Group 1 ingredients in mixer and mix until dough is cleared. Add Group 2 and mix on slow speed until Sunflower Seeds are distributed evenly. Allow a bench time of 5-10 minutes. Scale and mould as desired. Prove and bake at 220°C (428°F) for approximately 20-25 minutes.



CATEGORY

Bread, Buns & Rolls