

# MIXED MEAL COB

## INGREDIENTS

### Group 1

Ingredient	KG	%
HERCULES ROLL MIX	4.000	100.00
Corn	0.200	5.00
	0.125	3.10
Wheatgerm	0.100	2.50
Molasses	0.075	1.90
Water (variable)	2.300	57.50
BAKELS INSTANT ACTIVE YEAST	0.060	1.50
<b>Total Weight:</b> 6.860		

## METHOD

No time dough. Place all ingredients in mixing bowl and develop thoroughly. Dough temperature 30-31°C. Allow dough to recover 10 minutes. Scale at 400g. Round up and place on lightly greased trays. Prove. When fully proofed spray with water and dust dough pieces with coarse cornmeal. Oven temperature 230°C.