

MULTISEED BREAD (LOW G.I.)

INGREDIENTS

Group 1

Ingredient	KG	%
LOW GI MULTISEED BREAD MIX	2.600	100.00
Bakers Flour	2.600	100.00
BAKELS INSTANT ACTIVE YEAST	0.075	2.90
Water (variable)	2.700	104.00
Total Weight: 7.975		

METHOD

No time dough. Place all ingredients into mixer and mix on slow speed for 2 minutes. Then mix on high speed until fully developed. Give the dough a bench time of 5 minutes. Scale round and allow for a further 5 minute rest. Scale and Mould as desired. Proof then Bake at 220°C.



CATEGORY

Bread - Specialty Breads