



# MULTISEED FRUIT BREAD

## Ingredients

### Group 1

Ingredient	KG	%
LOW GI MULTISEED BREAD MIX	2.600	100.00
Flour	2.600	100.00
BAKELS INSTANT ACTIVE YEAST	0.085	3.30
Water (variable)	2.800	108.00

**Total Weight:** 8.085

### Group 2

Ingredient	KG	%
Sultanas	0.650	25.00
Currants	0.650	25.00
Cherries chopped (optional)	0.250	9.60
Nuts chopped (optional)	0.350	13.50

**Total Weight:** 1.900

No time dough. Place group 1 ingredients into mixer and mix on slow speed for 2 minutes. Then mix on high speed until fully developed. Add Group 2 and gently mix though (avoid fruit breaking up). 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 210°C.



## Category

Bread & Rolls - Seeds and Grains, Various Seeds



## Finished Product

14 Loaves scaled at 700 g or 13.5 dozen buns scaled at 60 g.

