



MULTISEED FRUIT BREAD

Ingredients

Group 1

Ingredient	Weight (%)	KG
LOW GI MULTISEED BREAD MIX		2.600
		100
Flour		2.600
		100
BAKELS INSTANT ACTIVE YEAST		0.085
		3.3
Water (variable)		2.800
		108

Total Weight: 8.085

Group 2

Ingredient	Weight (%)	KG
Sultanas		0.650
		25
Currants		0.650
		25
Cherries chopped (optional)		0.250
		9.6
Nuts chopped (optional)		0.350
		13.5

Total Weight: 1.900

Method

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.