



CATEGORY

Bread - Specialty Breads

MULTISEED & RYE BEER BREAD

INGREDIENTS

Group 1

Ingredient	KG	%
MULTISEED BREAD CONC. (Low G.I.)	2.600	137.00
BAKELS INSTANT ACTIVE YEAST	0.075	4.00
Water (variable)	1.100	58.00
FINO RYE BASE	0.600	31.50
Flour	1.900	100.00
Dark Ale (Beer)	1.600	84.20
Total Weight:		7.875

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.