



## CATEGORY

Bread - Specialty Breads

# MULTISEED & RYE BREAD

## INGREDIENTS

### Group 1

Ingredient	KG	%
LOW GI MULTISEED BREAD MIX	2.600	130.00
Flour	2.000	100.00
BAKELS INSTANT ACTIVE YEAST	0.075	3.80
Water (variable)	2.700	135.00
FINO RYE BASE	0.600	30.00
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.