

SOUR DOUGH BREAD

INGREDIENTS

Group 1

Ingredient	KG	%
Flour	2.500	100.00
BAKELS HENRY'S SOURDOUGH NATURAL	2.500	100.00
BAKELS INSTANT ACTIVE YEAST	0.090	4.00
Water	2.750	110.00
Total Weight:		7.840

METHOD

No time dough. Place all ingredients into mixer and mix on slow speed for 2 minutes. Mix on high speed for approximately 8 minutes or until fully developed. Dough temperature 32°C. Give the dough a bench time of 10 minutes. Divide and mould. Allow a further 5 minutes rest final mould. Final proof approx. 60 minutes. Bake at 200°C for approximately 25-30 minutes (use steam if available).



CATEGORY

Bread, Buns & Rolls