

SOUTHERN AMERICAN RYE BREAD

INGREDIENTS

Group 1

Ingredient	KG	%
Flour	3.300	100.00
Wholemeal Flour	1.600	49.90
Brown Sugar	0.300	9.00
BAKELS INSTANT ACTIVE YEAST	0.120	3.60
Water	3.400	103.00
NATIVE AMERICAN RYE BREAD BASE	1.700	51.10
Total Weight:		10.420

METHOD

No time dough. Place all ingredients into mixing bowl and develop thoroughly. Final dough temperature 31°C. Allow to recover 5-10 minutes. Divide and mould as desired. Allow a further 5 minutes bench time before final moulding. Final proof time approximately 50 minutes. Bake at 190°C for approximately 30 minutes.



CATEGORY

Bread, Buns & Rolls