

# SWEET & SOUR BAPS

## INGREDIENTS

### Group 1

| Ingredient                      | KG    | %      |
|---------------------------------|-------|--------|
| BAKELS HENRYS SOURDOUGH NATURAL | 1.200 | 48.00  |
| Flour                           | 2.500 | 100.00 |
| FINO MEAL BASE                  | 0.400 | 16.00  |
| BAKELS INSTANT ACTIVE YEAST     | 0.080 | 3.20   |
| Honey                           | 0.250 | 10.00  |
| Salt                            | 0.030 | 1.20   |
| Water (variable)                | 2.500 | 100.00 |
| Total Weight:                   |       | 6.960  |

## METHOD

No time dough. Place all ingredients into mixer and mix on slow speed for 2 minutes. Then mix on high speed for approximately 8 minutes or until dough is developed. Give the dough a bench time of 5 minutes. Scale round and allow for further 5 minute rest. Mould and proof for approximately 45-60 minutes. Bake at 200°C for approximately 15 minutes.



## CATEGORY

Bread, Buns & Rolls