



# WHEATMEAL BREAD & ROLLS

## Ingredients

### Group 1

Ingredient	KG	%
Flour	4.000	100.00
FINO MEAL BASE	1.000	25.00
Salt	0.100	2.50
BAKELS LIQUID IMPROVER	0.150	3.80
BAKELS INSTANT ACTIVE YEAST	0.065	1.60
Water (variable)	3.000	75.00

Total Weight: 8.315

No time dough. Place all ingredients in machine bowl and develop thoroughly. Dough temperature 30-31°C (86-88°F). Allow dough to recover 5 minutes. Scale and mould as desired. Prove then bake at 230°C (450°F).



## Category

[Bread & Rolls - Wholemeal & Wheatmeal](#), [Wheatmeal Breads and Rolls](#)

