



# WHOLEMEAL BREAD & ROLLS

## Ingredients

### Group 1

Ingredient	KG	%
Flour	3.800	100
FINO MEAL BASE	1.200	31.6
Salt	0.100	2.9
LECITEM UNIVERSAL	0.050	1.4
BAKELS INSTANT ACTIVE YEAST	0.065	1.9
Water (variable)	3.250	85.5

Total Weight: 8.465

## Method

No time dough. Place all ingredients in machine bowl and develop thoroughly. Dough temperature 30-31°C. Allow dough to recover 5-10 minutes. Scale and mould as desired. Proof then bake at 230°C.



## Category

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



## Finished Product

[12 loaves scaled at 700 g or 9 dozen rolls scaled at 75 g.](#)