

BREAD AND ROLLS (USING BAKELS HIGH FIBRE LOW GI BREAD MIX)

INGREDIENTS

Group 1

Ingredient	KG	%
Bakels High Fibre Low GI White Bread Mix	12.500	100.00
Compressed Yeast	0.375	3.00
Water (Variable)	9.250	74.00
Total Weight: 22.125		

METHOD

1. Thoroughly develop the dough for 2 minutes low and 8 minutes high using a spiral mixer.
2. Finished dough temperature 28°-30°C.
3. Floor time 10 minutes.
4. Mould and place in tins and trays.
5. Final proof approximately 40 minutes.
6. Bake at 220°C.



CATEGORY

Bakery, Patisserie



FINISHED PRODUCT

Bread and Rolls