



## CATEGORY

Breads, Rolls & Pastry

# WHOLE WHEAT BREAD

## INGREDIENTS

### Group 1

Ingredient

BAKELS WHOLE WHEAT BREAD MIX

BAKELS INSTANT ACTIVE DRIED YEAST

Water

KG

2.000

0.020

1.120

**Total Weight:** 3.140

## METHOD

1. Place Group 1 into mixing bowl and mix for 12 minutes or until the dough is well developed.
2. Allow dough to rest for 8 – 10 minutes.
3. Scale and mould 500gm of dough into desired shape (open top and sandwich).
4. Prove the dough at 37°C and humidity 75.
5. Bake the dough at 220°C