

# WHOLEMEAL BREAD

## INGREDIENTS

### Group 1

Ingredient	KG
BAKELS WHOLEMEAL BREAD MIX	1.000
Water	0.635
BAKELS INSTANT ACTIVE DRIED YEAST	0.014
Shortening	0.033
<b>Total Weight: 1.682</b>	

## METHOD

1. Place all ingredients into mixing bowl and mix for 10-12 minutes or until the dough is well developed.
2. Allow dough to rest for 5 – 10 minutes.
3. Scale and mould 300gm of dough into desired shape.
4. Prove the dough at 37°C and humidity 75.
5. Bake the dough at 220°C with steam.



## CATEGORY

Breads, Rolls & Pastry