Super bake HB Improver: Wholemeal Bread

INGREDIENTS

Stage 1

36220 AM Bakers Meal	5.000kg
100224 Iodized Salt	0.100kg
109393 Improver Super Bake	0.050kg
108498 Vital Wheat Gluten optional	0.100kg
106162 Canola Oil	0.100kg

Stage 2

105647 Compressed Yeast	0.175kg
Water Variable	3.2000L

METHOD

1. Using spiral mixer place stage 1 ingredients into mixer. Then add stage 2.
2. Mix on 1st speed for 2 minutes
3. Mix on 3rd speed for 10 - 15 minutes or until the dough is well developed.
4. Achieve a finished dough temperature of 28 – 30°C
5. Rest for 10 minutes
6. Scale into desired weights
7. Rest for a further 10 – 20 minutes
8. Mould into desired shape.
9. Prove for approx. 30 minutes until desired height is reached. Proofer settings 38°C @ 75 – 80% RH
10. Bake at 200°C - 220°C for 25 – 40 minutes. Use steam in initial stages of baking.



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Disclaimer: These instructions may vary depending on the manufacturer's premises and the equipment used.