# Super bake HP Improver : Light Rye - Bread & Roll

## INGREDIENTS

**Stage 1**

| | |
|---|---|
| 21081 Superb Bakers Flour | 3.500kg |
| 101164 Light Rye Flour | 1.500kg |
| 100224 Iodized Salt | 0.100kg |
| 103950 Improver Super Bake | 0.050kg |
| 105297 Bas Light | 0.075kg |
| 108498 Vital Wheat Gluten optional | 0.100kg |
| 106162 Canola Oil | 0.100kg |

**Stage 2**

| | |
|---|---|
| 105647 Compressed Yeast | 0.175kg |
| Water Variable | 3.000L |

## 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 – 12 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 220°C for 30 – 35 minutes. Use steam in initial stages of baking.





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