

# BANANA NUT BREAD

## OVERVIEW

01-003

## INGREDIENTS

### Group 1

Ingredient	KG	%
Bread Flour	0.500	100.00
Water	0.150	30.00
Brown Sugar	0.070	14.00
Salt	0.006	1.20
BAKELS PLATINUM INSTANT ACTIVE DRIED YEAST	0.004	0.80
Nuts (chopped)	0.020	4.00
Skimmed Milk	0.018	3.50
BAKELS BUTTA BUTTEROIL SUBSTITUTE	0.020	4.00
Banana (mashed)	0.250	50.00
Molasses	0.001	6.00
Total Weight:		1.039

Yield: 2 x 450g

## METHOD

How to do it:

1. Dissolve brown sugar, salt and molasses in water.
2. Mix bread flour, Bakels Instant Yeast, skimmed milk, mashed banana and cashew nuts for 30 seconds.
3. Add brown sugar, molasses and salt solution. Mix for 2 minutes at 1st speed.
4. Add Butta Butteroil Substitute and continue mixing at 2nd speed until fully developed.
5. Rest dough for 10 minutes.
6. Scale dough into 450 grams.
7. Sheet, roll and mold as desired.
8. Proof for 2-2½ hours.
9. Brush with egg wash.
10. Bake at 180°C for 20 minutes.



## DISPLAY CONDITIONS

Room Temperature



## CATEGORY

Breads, Sweet