

CHIA-GARLIC TEAR AND SHARE

OVERVIEW

13-033

INGREDIENTS

Group Dough

Ingredient	KG	%
BAKELS CHIA SEED BREAD CONCENTRATE	1.000	100.00
Bread Flour	1.000	100.00
BAKELS PLATINUM INSTANT ACTIVE DRIED YEAST	0.020	2.00
BAKELS PESTO BASE	0.070	7.00
Water	1.280	128.00
Total Weight: 3.370		

Group Topping

Ingredient	KG	%
APITO GARLIC PASTE	0.160	-
Total Weight: 0.160		

Yield: 1 piece (9" x 9" square)

METHOD

How to do it:

1. Mix bread flour, Bakels Chia Seed Concentrate and Bakels Instant Yeast on low speed until combined.
2. Add water and mix for 2 minutes.
3. Shift to high speed and mix until 90% developed. Add Bakels Pesto Base and mix until fully developed.
4. Round, cover and rest dough for 15-20 minutes.
5. Cut dough into 20-gram pieces and round.
6. Coat with Apito Garlic Paste.
7. Arrange the pieces of dough in greased pans. Proof.
8. Bake with steam at 200°C for 25-30 minutes or until light golden in color.



DISPLAY CONDITIONS

Room Temperature



CATEGORY

Breads, Lean