

# CHIA PINEAPPLE CUP BREAD

## OVERVIEW

15-003



### DISPLAY CONDITIONS

Room Temperature



### CATEGORY

Breads, Semi-sweet

## INGREDIENTS

### Group 1

Ingredient	KG	%
All Purpose Flour	0.250	100.00
BAKELS CHIA SEED BREAD CONCENTRATE	0.250	100.00
Sugar	0.100	40.00
BAKELS PLATINUM INSTANT ACTIVE DRIED YEAST	0.010	4.00
FINO POTATO FLAKES	0.025	10.00
Buttermilk	0.025	10.00
Water	0.160	64.00
Pineapple juice (unsweetened)	0.050	20.00
BAKELS BALEC LACTO ALBUMEN	0.010	4.00
Water	0.050	20.00
BAKELS BUTTA BUTTEROIL SUBSTITUTE	0.025	10.00

**Total Weight:** 0.955

### Group 2

Ingredient	KG	%
Ham	0.198	-
Bell Pepper	0.048	-
White Onion	0.150	-
Ground pork	0.299	-
Salt	0.006	-
Cheddar Cheese (grated)	0.090	-
Pineapple (crushed)	0.150	-

**Total Weight:** 0.940

**Yield:** 47 pieces x 20g dough

## METHOD

How to do it:

Dough:

1. Combine all purpose flour, Bakels Chia Seed Bread Concentrate, sugar, Bakels Instant Yeast, Fino Potato Flakes, and buttermilk in a mixing bowl. Mix on low speed for 30 seconds.
2. Add water (1), Balec Lacto Albumen solution (combine Balec Lacto Albumen and water (2)), and pineapple juice. Mix on low speed for 2 minutes.
3. Add Butta Butteroils Substitute and mix on high speed until developed.
4. Scale to 20g. Round and rest for 10 minutes.
5. Place in greased cupcake pans.
6. Proof for 30 minutes and bake at 180°C for 13-15 minutes.

Filling:

1. Pan fry ground pork until cooked. It should not be dry.
2. Add salt.
3. Pan fry chopped bell pepper, onion, and ham.
4. Allow to cool. Mix in grated cheese and chopped pineapple. Set aside.
5. Deposit 20-g filling in each cup bread.