

HONEY-CARROT MULTISEED BREAD

OVERVIEW

07-085

INGREDIENTS

Group 1

Ingredient	KG	%
Bread Flour	0.500	100.00
Multiseed Bread Concentrate	0.500	100.00
BAKELS PLATINUM INSTANT ACTIVE DRIED YEAST	0.010	2.00
Water	0.475	95.00
Buttermilk	0.050	10.00
Sugar	0.020	4.00
Honey	0.040	8.00
Carrots (grated)	0.060	12.00
Total Weight: 1.655		

Yield: 4 x 400g loaf

METHOD

How to do it:

1. Place bread flour, Multiseed Bread Concentrate, yeast, sugar and buttermilk in a spiral mixer and mix for 30 seconds on slow speed.
2. Add honey dissolved in water and mix on slow speed for 2 minutes.
3. Mix on high speed until dough is almost developed. Add carrots and mix through. Dough temperature should be 25°C.
4. Scale and mold into loaf or buns.
5. Proof for approximately 30 to 40 minutes.
6. Bake at 180°C for 30 minutes for loaf, 13-15 minutes for buns. Brush eggwash on top prior baking.



DISPLAY CONDITIONS

Room Temperature



CATEGORY

Breads, Semi-sweet