



DISPLAY CONDITIONS

Room Temperature



CATEGORY

Breads, Sweet

MEAL RYE AND WALNUT BREAD

OVERVIEW

06-069

INGREDIENTS

Group 1

Ingredient	KG	%
Bread Flour	1.000	100.00
FINO MEAL BASE	0.100	10.00
FINO RYE BASE	0.100	10.00
Walnuts	0.100	10.00
BAKELS PLATINUM INSTANT ACTIVE DRIED YEAST	0.010	1.00
Brown Sugar	0.100	10.00
Salt	0.015	1.50
BAKELS LECITEM SUPREME	0.010	1.00
BAKELS SHORTENING	0.040	4.00
Water	0.480	48.00
BAKELS LES FRUITS 50% APPLE	0.200	20.00
Total Weight: 2.155		

Yield: 7 x 300-g dough

METHOD

How to do it:

1. Mix bread flour, Fino Meal Base, Fino Rye Base, Bakels Instant Yeast, Lecitem Supreme, Les Fruits Apple and walnuts.
2. Dissolve brown sugar and salt in water and mix.
3. Add Bakels Shortening and continue mixing for 2 minutes.
4. Rest dough for 1 hour.
5. Remix dough until fully developed.
6. Rest dough for 10 minutes.
7. Scale into 150 g.
8. Mold dough into loaf shape or as desired.
9. Place two dough pieces into loaf pan and put shortening in between.
10. Proof and bake at 180°C.