



DISPLAY CONDITIONS

Room Temperature



CATEGORY

Breads, Lean

PRUNE AND RAISIN BREAD ROLL

INGREDIENTS

Group Overnight Dough

Ingredient	KG	%
Bread Flour	0.500	100.00
BAKELS PLATINUM INSTANT ACTIVE DRIED YEAST	0.005	1.00
Warm water	0.500	100.00
Total Weight:		1.005

Group Dough

Ingredient	KG	%
Bread Flour	1.000	66.70
BAKELS MULTISEED BREAD CONCENTRATE (Low GI)	0.500	33.30
Pre dough	0.500	33.33
Brown Sugar	0.060	4.00
Salt	0.015	1.00
BAKELS PLATINUM INSTANT ACTIVE DRIED YEAST	0.018	1.20
Olive Oil	0.055	3.67
Water +/-	0.500	33.33
Prunes	0.150	10.00
California Raisins (soaked)	0.080	5.33
Walnuts (lightly toasted)	0.100	6.67

Total Weight: 2.978

METHOD

How to do it:

1. In a bowl, mix the flour, yeast and water until smooth. Cover and put in fridge and use after 13-14 hours.
2. In a spiral mixer, put the flour, Low GI Multiseed, pre dough, salt, sugar, yeast and mix until 80% developed.
3. Add the Olive oil and mix until 90% developed.
4. Add the fruits and nuts and mix for additional 1 minute in low speed.
5. Bulk ferment for 50 minutes.
6. Scale and mold.
7. Brush with water and dip in pumpkin seeds.
8. Proof for 40-50 minutes.
9. Bake at 220°C with steam for 10 minutes. Continue baking in 200°C for 12-15 minutes.