

## Ancient Grain Bread using ANCIENT WHOLE GRAINS

Strong baker's flour	5.000 kg	50 %	11 lb 0 oz
Wholemeal flour	5.000 kg	50 %	11 lb 0 oz
ANCIENT WHOLE GRAINS	5.000 kg	50 %	11 lb 0 oz
SOFTKORN KERNELS K (enclosed with the base)	1.660 kg	16.6 %	3 lb 10.5 oz
Vegetable oil	0.660 kg	6.6 %	1 lb 7.5 oz
Fresh yeast	0.500 kg	5 %	1 lb 1.5 oz
<u>Water, approx.</u>	<u>9.160 kg</u>	<u>91.6 %</u>	<u>20 lb 3 oz</u>
<b>Total weight</b>	<b>26.980 kg</b>		<b>59 lb 6.5 oz</b>

Mixing time:	3 minutes slow + 6 minutes fast (spiral mixer)
Dough temperature:	26° C – 27° C (79° F – 81° F)
Bulk fermentation time:	30 minutes
Scaling weight:	0.540 kg (1 lb 3 oz)
Intermediate proof:	10 minutes
Processing:	as desired
Final proof:	approx. 60 minutes
Baking temperature:	230° C (445° F), dropping to 200° C (390° F), giving slight steam
Baking time:	25 – 30 minutes

## Instructions for use:

After the bulk fermentation time, scale the dough and mold the dough pieces round. Then allow to relax briefly. To enable the crust to tear, mold the dough pieces round using some rye flour. Place the loaves in floured, round bread baskets with the seam downwards and allow to proof. Subsequently, place the loaves on oven loaders with the seam upwards and allow to relax until graining starts to show. Load the loaves in the oven giving slight steam and bake. Keep the damper closed to support the tearing of the bread crust. Open the damper for the last 10 – 15 minutes of the baking time and finish baking with opened damper. Pay attention that a good crust forms.

