

Bread using GOLDEN FLAX

Soaked grain:

GOLDEN FLAX	3.000 kg	30 %	6 lb 10 oz
Water (lukewarm)	5.000 kg	50 %	11 lb 0 oz
Total weight	8.000 kg		17 lb 10 oz

Soaking time: 1 – 2 hours

Dough:

Strong baker's flour	10.000 kg	100 %	22 lb 0 oz
Soaked grain	8.000 kg		17 lb 10 oz
Fresh yeast	0.400 kg	4 %	0 lb 14 oz
Water, approx.	3.300 kg	33 %	7 lb 4.5 oz
Total weight	21.700 kg		47 lb 12.5 oz

Mixing time: 3 minutes slow + 6 – 8 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. 45 minutes

Baking temperature: 230° C (445° F), dropping to 200° C (390° F), giving steam

Baking time: 35 – 40 minutes

