

Multigrain Bread using GOODHEARTH

Soaked grains:

GOODHEARTH	6.660 kg	66.6 %	14 lb 11 oz
Water (lukewarm)	6.660 kg	66.6 %	14 lb 11 oz
Total weight	13.320 kg		29 lb 6 oz

Soaking time: 2 – 3 hours

Dough:

Strong baker's flour	10.000 kg	100 %	22 lb 0 oz
Soaked grains	13.320 kg		29 lb 6 oz
Fresh yeast	0.500 kg	5 %	1 lb 1.5 oz
Water, approx.	4.200 kg	42 %	9 lb 4 oz
Total weight	28.020 kg		61 lb 11.5 oz

- Mixing time: 3 minutes slow + 5 minutes fast (spiral mixer)
- Dough temperature: 26° C – 27° C (79° F – 81° F)
- Bulk fermentation time: 20 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 steam
- Baking time: 30 – 40 minutes

