

Specialty Bread using WELLNESS BREAD AKTIV D

Strong baker's flour	10.000 kg	100 %	22 lb	0 oz
WELLNESS BREAD AKTIV D	9.000 kg	90 %	19 lb	13.5 oz
Sesame, roasted	1.000 kg	10 %	2 lb	3.5 oz
Vegetable oil	0.200 kg	2 %	0 lb	7 oz
Salt	0.400 kg	4 %	0 lb	14 oz
Fresh yeast	0.500 kg	5 %	1 lb	1.5 oz
<u>Water, approx.</u>	<u>12.400 kg</u>	<u>124 %</u>	<u>27 lb</u>	<u>5.5 oz</u>
Total weight	33.500 kg		73 lb	13 oz

Mixing time: 5 minutes slow + 4 minutes fast (spiral mixer)

Dough temperature: 26° C (79° F)

Bulk fermentation time: 20 minutes

Scaling weight: 0.540 kg (1 lb 3 oz)

Intermediate proof: 10 minutes

Processing: long-shaped

Final proof: approx. 60 minutes

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

Baking time: approx. 35 minutes

Instructions for use: After the bulk fermentation time, scale the dough and mold round. Subsequently, process as desired, dip into the topping and allow to proof. Score before loading and bake giving steam.

Topping: WELLNESS BREAD AKTIV D

Nutrition Facts

Per 2 slices (75 g)

Calories 190 % Daily Value*

Fat 4.5 g 6 %
 Saturated 0 g
 + Trans 0 g 0 %

Carbohydrate 29 g
 Fibre 3 g 11 %
 Sugars 0 g 0 %

Protein 7 g

Cholesterol 0 mg

Sodium 370 mg 16 %

Potassium 50 mg 1 %

Calcium 30 mg 2 %

Iron 2.5 mg 14 %

Vitamin D 1.5 mg 8.5 %

*5 % or less is a little, 15 % or more is a lot

