

## Multigrain Bread using GOODHEARTH



### Soaked grains:

GOODHEARTH	6.660 kg	66.6 %
Water (lukewarm)	6.660 kg	66.6 %
Total weight	13.320 kg	

Soaking time: 2 – 3 hours

### Dough:

Soaked grains	13.320 kg	
Strong baker's flour	10.000 kg	100 %
Fresh yeast	0.500 kg	5 %
Water, approx.	4.200 kg	42 %
Total weight	28.020 kg	

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

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