



## COUNTRY OVEN® FIBRE PLUS

### OVERVIEW

Country Oven® Fibre Plus Bread Concentrate is a versatile 50/50 concentrate, for great-tasting high fibre bread and rolls.

#### BENEFITS INCLUDE:

- Delicately filled with wheat flakes for extra bite.
- Enticing warm crumb.
- High in fibre (7.7g per 100g) – good for your gut.
- Source of protein.
- Source of folate – supports immune system.
- Source of iron – supports metabolism.

Claims valid for base recipes only.

[View brochure.](#)

### USAGE

50/50 ratio with flour.

## INGREDIENTS

Wheat Bran, Wheat Flour (Statutory Additives: Calcium Carbonate, Niacin, Iron, Thiamine), Malted Wheat Flakes, Wheat Gluten, Sugar, Dried Wheat Sourdough, Salt, Caramelised Sugar, Emulsifier (E472e Mono-and diacetyltartaric acid esters of mono- and diglycerides of fatty acids), Flour Treatment Agent (E300)

## PACKAGING

Code	Size	Type	Palletisation
394505	16kg	Bag	60

## NUTRITIONAL INFORMATION

Type	Value
Ingredient as supplied in powder form	0.00
Energy (kJ)	1,365.00
Energy (Kcal)	324.00
Fat (g)	3.91
Fat (of which saturates)(g)	1.32
Available Carbohydrate (g)	46.83
Carbohydrate (of which sugars)(g)	7.34
Protein (g)	18.33
Fibre (g)	14.38
Salt (g)	2.82

## METHOD

Group 1		
Ingredient	KG	%
Wheat flour	5.000	50.00
Country Oven® Fibre Plus Bread Concentrate	5.000	50.00
Yeast	0.280	2.80
Water	5.300	53.00
<b>Total Weight: 15.580</b>		

## YIELD

32 small / 17 large loaves

## DESCRIPTION

High Fibre Bread 1. Place all of the ingredients into a spiral mixing bowl. 2. Mix for 3 minutes on slow speed and 7 minutes on fast speed, until fully developed. 3. The dough temperature should be 24-26°C. 4. Leave to rest for 3 minutes. 5. Scale at 480/900g. 6. Prove for 50 minutes at 36°C, 88% relative humidity. 7. Bake at 230°C for 25 minutes, with 6 seconds of steam.























































































































