



DISPLAY CONDITIONS

Ambient



CATEGORY

Bakery



FINISHED PRODUCT

Crusty Bread, Occasion Bread,
Speciality Bread, World Bakery

DARK TWISTED BREAD WITH WHEAT SOURDOUGH

INGREDIENTS

Group 1

Ingredient	KG	%
Wholemeal flour	7.500	75.00
Wheat flour	2.500	25.00
<u>Fermidor® W Plus</u>	0.400	4.00
Yeast	0.100	1.00
Salt	0.250	2.50
<u>Lecitem® 1000</u>	0.200	2.00
Water	10.000	100.00
Total Weight: 20.950		

Yield: 46 loaves

METHOD

1. Add all ingredients (but only 80% of the water) to a spiral mixing bowl.
2. Mix for 8-10 minutes on slow speed and 12-15 minutes on fast speed, until fully developed (slowly adding the remaining 20% of water).
3. Dough temperature should be between 24-26°C.
4. Bulk for 60 minutes at a controlled temperature of 25-28°C, covered with plastic.
5. Fold the dough and then bulk for 15-18 hours at a controlled temperature of 5-8°C, covered with plastic.
6. Rest the dough for 60 minutes at a controlled temperature of 25-28°C.
7. Scale the dough at 450g into long shapes, dredge in desired seeds and wheat flour and twist.

8. Prove for 20 minutes at a controlled temperature of 25-28°C, covered with plastic.
9. Bake at 240°C, falling to 210°C for 40-45 minutes, with steam.
10. Pull out damper after 15 minutes.