



## HIGH FIBRE ROLLS

### INGREDIENTS

#### Group 1

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

**Yield:** 173 rolls

### METHOD

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 90g.
6. Prove for 50 minutes at 36°C, 88% relative humidity.
7. Bake at 230°C for 15 minutes (soft rolls: no steam, crusty rolls: with steam).



#### DISPLAY CONDITIONS

Ambient



#### CATEGORY

Bakery



#### OCCASION

BBQ



#### FINISHED PRODUCT

Crusty Roll, Soft Roll