



DISPLAY CONDITIONS

Ambient



CATEGORY

Bakery



FINISHED PRODUCT

Occasion Bread

HONEY AND SUNFLOWER BREAD RECIPE

OVERVIEW

Our sweet and seeded bread recipe is the perfect bake for lunches, snacks, starters or even sides. A savoury loaf with a sweet aftertaste. Try our recipe today.

INGREDIENTS

Group 1

Ingredient	KG	%
Bread flour	4.000	50.00
Country Oven® Oat & Barley Bread Concentrate	4.000	50.00
Yeast	0.250	3.10
Water	4.440	55.50
Honey	0.480	6.00
Sunflower seeds	0.640	8.00
Total Weight: 13.810		

Yield: 27 loaves

METHOD

1. Add all ingredients into a spiral mixing bowl and mix for 3 minutes on slow speed and 6 minutes on fast speed, until fully developed.

2. Dough temperature should be 23-26°C.
3. Scale at 485g and mould into bloomer shape.
4. Dress with sunflower seeds.
5. Prove for 60 minutes at a controlled temperature of 38°C, 85% relative humidity.
6. Bake at 200°C for 24 minutes, with steam (pull damper after 8 minutes).