



DISPLAY CONDITIONS

Ambient



CATEGORY

Bakery



FINISHED PRODUCT

Crusty Bread, Occasion Bread,
Speciality Bread, World Bakery

NORDIC LOAF

INGREDIENTS

Group 1

Ingredient	KG	%
Wheat flour	5.300	53.00
Rye flour	4.700	47.00
<u>Fermdor® W Germ</u>	1.600	16.00
Yeast	0.550	5.50
<u>Lecitem® 1000</u>	0.350	3.50
Salt	0.200	2.00
Water	7.300	73.00
Total Weight: 20.000		

Group 2 (optional)

Ingredient	KG	%
Seed/flakes mix (e.g. sunflower, pumpkin, poppy, linseeds / oat, barley flakes, millet)	0.180	-
Salt	0.005	-
Water	0.180	-
Total Weight: 0.365		

Yield: 50 loaves

METHOD

1. Add group 2 ingredients into a spiral mixing bowl.
2. Mix together on slow speed, leave to swell for 30 minutes.
3. Mix ingredients from group 1 for 6-8 minutes on slow speed and 0-1 minute on fast speed, until fully developed (add group 2 after slow speed).
4. Dough temperature should be between 24-26°C.
5. Bulk for 30 minutes at a controlled temperature of 25-28°C, covered with plastic.
6. Scale at 450g, mould into long shape and dip into seed/flakes mix if desired and place in oiled tins or on trays.
7. Prove for 20-25 minutes at a controlled temperature of 25-28°C, 85% relative humidity.
8. Brush with water before and after baking.
9. Bake at 220°C, falling to 200°C for 40-45 minutes, with steam.
10. Pull out damper after 10 minutes.