



Golden Grains

- ✓ Source of Fibre
- ✓ Source of Protein
- ✓ Source of Folate
- ✓ Source of Iron
- ✓ Source of Copper



Chia + Quinoa



Ancient
Grains

Sunflower + Linseed



Wholesome
Seeds

Copper



Supports
Nervous System

Folate + Iron



Reduction of
Tiredness
& Fatigue



With
Turmeric



The future is ancient

GOLDEN GRAINS

Wholesome History

Cultivated for centuries and packed with tasty goodness, quinoa and chia deliver wholesome benefits for the 34% of consumers seeking bread with nutritional benefits.

The origin of the ancient grains, chia and quinoa, dates back as early as 3500 BC, relied on as a staple ingredient in many types of food and, today, are widely regarded as 'superfoods'.

Golden Grains contains a finely balanced blend of these, delivering bread and rolls with nutritional and health advantages. With the addition of sunflower and linseeds for an extra bite and turmeric, to give an enticing warm hue and characterful taste, Golden Grains Bread Concentrate provides bakers with a convenient ingredient to transform their speciality bread offering.

What wholesome ingredients are in Golden Grains?



Why is it good for me?

- ✓ Source of Fibre
- ✓ Source of Protein
- ✓ High in Copper
- ✓ Source of Folate
- ✓ Source of Iron



Packaging
16kg bag

Shelf Life
270 days

Allergens
Oats, Rye, Wheat

Suitable for
Vegans/ Vegetarians

Scan for a full list of nutrients and qualifying claims:

Qualifying recipes for nutrition/health claims:

Bread Recipe

Wheat flour	5.000kg	50%
<i>Country Oven Golden Grains Bread Concentrate</i>	5.000kg	50%
Yeast	0.300kg	3%
Water	4.700kg	47%
Total	15.000kg	



Method

- Spiral mixer:** 3 minutes slow speed, 7 minutes on fast speed, until fully developed.
- Dough temperature:** 24-26°C.
- Scale:** 480g.
- Rest:** 3 minutes.
- Prove:** 50 minutes at 36°C, 88% relative humid.
- Bake:** 230°C for 25 minutes, with 6 seconds of steam.

Yield: 31 loaves

Roll Recipe

Wheat flour	5.000kg	50%
<i>Country Oven Golden Grains Bread Concentrate</i>	5.000kg	50%
Yeast	0.300kg	3%
Water	4.800kg	48%
Total	15.100kg	



Method

- Spiral mixer:** 3 minutes slow speed, 7 minutes on fast speed, until fully developed.
- Dough temperature:** 24-26°C.
- Scale:** 90g.
- Prove:** 50 minutes at 36°C, 88% relative humidity.
- Bake:** 230°C for 14 minutes (soft rolls: no steam, crusty rolls: with steam).

Yield: 167 rolls

Description	Pack Size	Code
Country Oven Golden Grains Bread Concentrate	16kg	394787

Steps to success

1.

Buy one or more bags of Country Oven Golden Grains Bread Concentrate 16kg

2.

Request Free POS shelf wobblers and wobblers counter stand from Bakels or your local Bakels distributor

3.

Bake and display

Health claims: Copper contributes to normal functioning of the nervous system. Folate and iron each contribute to the reduction of tiredness and fatigue. All nutrients need to be eaten regularly, as part of a healthy lifestyle and balanced diet.

Data Source: Mintel – Mintel – Bread, UK – September 2018.

BAKELS

BAKERY INGREDIENTS SINCE 1904