

www.irishbakels.ie



HONEY & SUNFLOWER OAT & BARLEY BREAD

INGREDIENTS

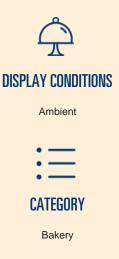
Group 1

Ingredient	KG
Country Oven Oat & Barley Bread Concentrate	4.000
White flour	4.000
Yeast	0.250
Water	4.440
Honey	0.480
Sunflower seeds	0.640
	Total Weight: 13.810

Yield: 27 loaves

METHOD

- 1. Place all ingredients into a spiral mixer and mix for 3 minutes slow, 6 minutes fast.
- 2. Check the dough temperature is approximately 24°C.
- 3. Scale at 485g.
- 4. Dress with sunflower seeds and place 6 on flat tray.
- 5. Prove for approximately 60 minutes at 38°C and 85% humidity.
- 6. Bake at 200°C (392°F) (with steam) for 24 minutes (pull damper after 8 minutes).





FINISHED PRODUCT

Occasion Bread