



DISPLAY CONDITIONS

Ambient



CATEGORY

Bakery



FINISHED PRODUCT

Occasion Bread

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).