

# Dark bread with sunflower seeds



## Description:

Adored by consumers. It has amounts of B vitamins , vitamins A, E and iron. The addition of seed bread enriched with unsaturated fatty acids . Tasty with a subtle aroma. Perfect for sandwiches.

## Recipe:

Wheat flour type 550	100kg
Shelled sunflower	40kg
MIX	25kg
Yeast	4kg
Water	78kg
Cake	247kg

## Parameters:

### Mixing time :

Free spins	2min
Speed spins	6min
Cake temperature	24-26°C
Cake aging	15min
Sample weight	ok.80g
Cooking them	45min
Cooking time	20min
The furnace temperature	240°C
The final temperature furnace	220°C

## Composition:

Rye flour , wheat flour, barley malt, salt, gluten , glucose, ground caraway, enzymes, amylase, xylanase , ascorbic acid .

## Comments:

- mix should be soaked in water 30 minutes before the creation of the dough
- bake with abundant fog