

Oat bread



Description:

The bread has a nice, regular pulp, slightly oat flavor and a wonderful crunchy crust. It can decorate sprinkling oats. Oatmeal is a source of vitamins E, B, B6, magnesium and unsaturated fatty acids. It is very meaty bread, a filling. Ideal for first breakfast sandwiches.

Tastes with ham and cheese.

Recipe:

Wheat flour 500	90 kg
Rye flour 720	10 kg
MIX	30 kg
Yeast	4 kg
Water	80 kg
Cake	214 kg

Parameters:

Mixing time:

Slow turns	2 min
Fast turns	6 min
Cake temperature	28°C
Cake aging	15 min
Sample weight	ok. 470 g
Cooking them	60 min
Cooking time	35 min
The furnace temperature	230° C
The final temperature furnace	210°C

Composition:

Oatmeal, wheat flour, salt, barley malt, dry acid Rye, sugar, enzymes: amylase, xylanase, ascorbic acid

Comments:

- bake with abundant fog