

# Whole grain rye bread



## Description :

It is a meaty bread . It has a very good effect on well-being. often used with a diet. Positively affects the metabolism. It gives you the feeling of filling. Excellent addition to soups .

## Recipe:

Rye flour	50kg
Baker's natural acid	90kg
Shelled sunflower	65kg
MIX	20kg
Yeast	5kg
Water	85kg
Cake	315kg

## Parameters:

### Mixingtime:

Freespins	4min
Speedspins	4min
Cake temperature	28-30°C
Cake aging	20min
Sample weight	ok.680g
Cooking tchem	45min
Cooking time	50min
The furnace temperature	250°C
The final temperature furnace	210°C

## Composition:

gluten, barley malt , salt , rye flour, dry acid, rye , soy lecithin , sugar, glucose , the enzyme xylanase, ascorbic acid

## Comments:

- mix should be soaked in water 30 minutes before to formation of the dough
- after a period of aging , the dough divided into pieces and put into molds
- after 2 minutes break the luft and bake at open luft