

Rye bread multigrain



Description:

It is a meaty bread . It has a very good effect on well-being. often used with a diet. A positive effect on metabolism. excellent addition to soups. Reduces the concentration of bad cholesterol .

Recipe:

Rye flour	50kg
Baker's natural acid	50kg
MIX	30kg
Yeast	3kg
Water	55kg
Cake	188kg

Parameters:

Mixingtime:

Freespins	4min
Speedspin	4min
Cake temperature	28-30°C
Cake aging	15min
Sample weight	ok.570g
Cooking tchem	45min
Cooking time	45min
The furnace temperature	250°C
The final temperature furnace	210°C

Composition:

rye flakes , shelled sunflower seeds , linseed , wheat gluten , salt, acid dry rye, barley malt , 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