

Multigrain soft bread

Topping & Inclusion



5 Seeds Mix

N° 1242

Brown flax, yellow flax, sesame,
sunflower and poppy seeds

Other applications:

Country-style bread, special bread



INGREDIENTS

T55 or T65 flour: 10 kg

Sugar: 0,4 kg

Rapeseed oil: 0,4 kg

Yeast: 0,3 kg

Salt: 0,18 kg

Water: 6 L

5 Seeds Mix: 2,2 kg

Soaking water (24-25°C): 1,65 L

Preparation of the cereals: soak for at least 1 hour before incorporating (mix of 5 seeds + soaking water).

Base temperature: 54-56°C.

Kneading:

- **First speed:** 5 minutes.
- **Second speed:** Oblique: 18-20 minutes, add the seeds and knead for 4-5 minutes.
Spiral: 10 minutes, add the seeds and knead for 2-3 minutes.

Dough temperature: 25-26°C.

First fermentation: 10 minutes.

Scaling: divide into 500 g to 1 kg dough balls (depending the size of the molds).

Intermediate proofing: 10 minutes.

Shaping: using a machine, degassing thoroughly.

Final fermentation: 1h30-2h at 32°C with 80% humidity.

Baking: turn on the steam and bake for 30 to 50 minutes at 180°C (deck oven) or at 150°C (ventilated oven).