



DISPLAY CONDITIONS

Ambient



CATEGORY

Bakery

SUNSEED BREAD PREMIX

INGREDIENTS

Group Ingredients

Ingredient	KG
Sunseed Bread Premix	2.500
Water	1.500
Yeast	0.100
Total Weight:	4.100

METHOD

Combine SUNSEED MIX and water and soak for ± 45 minutes. Place all ingredients plus yeast into the mixing bowl. Mixing time depends on type of mixer used. Dough temperature 28°C - 30°C . Floor time 10 minutes. Scale as required. First proof 10 minutes. Mould as required. Final proof ± 30 minutes. Bake at $\pm 220^{\circ}\text{C}$. For cape seed type of bread add additional water of 0.400kg.