

Recipe Sheet

Code Number: ABM/PRS/0012
Name: WHOLEMEAL BREAD
Statement: Soft & Healthy Wholemeal Bread using AB Mauri wholemeal bread mix, Mauri dry yeast, Voltex ABI bread improver and Mauritec.



Recipe:	
A. Ab Mauri Pinnacle Wholemeal Mix	600g
Bread Flour	400g
Water	600g
Mauritec	40g
Mauri Instant Yeast	15g
Sugar	40g
Mauri Voltex ABI Improver	5g
Total weight	1700g
No of Loaves (450g)	3.7 loaves

Process:
1. Assemble all ingredients; get ready the ideal water temp. of 0 to 1°C.
2. Put all dry ingredients into the mixing bowl and add in Yeast & Water.
3. Mix on slow (1 st) for 2 minutes and change to Medium Speed (2 nd) for another 10 - 12 minutes until the dough is fully developed.
4. Rest the dough for 10 minutes and cover the dough to prevent skinning.
5. Cut the dough into 450 g and further rest for another 10 minutes
6. Shaping the dough to desired shape.
7. Proceed to final resting bread tin for app. 1hr. and 30 minutes.
8. Bake at 200°C for 30 to 35 minutes.

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