

Recipe Sheet

Code Number: ABM/PRS/026
Name: NUTTY WHOLEMEAL BUN
Statement: Moist & Soft nutty wholemeal bun using AB Mauri White Bun Mix, AB Mauri Wholemeal Mix & AB Mauri Instant Yeast



Recipe	
A. AB Mauri White Buns Mix	500g
AB Mauri Wholemeal Mix	500g
AB Mauri Instant Yeast	12g
Brown Sugar	10g
Local Tofu (bean curd)	126g
Malta	630g
AB Mauri Butter	120g
Sesame	48g
Walnut (Chopped)	190g
Canberry/Raspberry	140g
Raisin	140g
Total Weight	2416g

Process:
1. Assemble all ingredients on Group A and put into the mixing bowl.
2. Mix on low speed (1 st) for 30 second and change to second speed (2 nd) and further Mix for 10 minutes and rest for 1hour and then add in Sesame seed, Remix the dough until well developed and use hand to add in Walnut, Cranberry & Raisin.
3. Rest the dough for 30 minutes and cut into desire size and further rest for 30 minutes and mould into triangle shape and final proof for 45 to 60 minutes.
4. Baking temperature up 210°c & down 190°c for 15 to 20 minutes.