

Mixed high-grain bread

INGREDIENTS

5 kg	HEAVY GRAIN GRANIX	1 kg	SUNFLOWER
5,5 kg	WATER FOR SOAKING	1,5 kg	WHEAT FLOUR TYPE 750
0,5 kg	RYE FLOUR TYPE 720	0,2 kg	YEAST
4,8 kg	NATURAL ACID	ok. 2,1 kg	WATER



A METHOD OF PREPARING

1

PARAMETERS

Weeding time: 4 + 6

Cake temperature: 29 - 30°C

Weight of the cake: according to the plant

Aging of the cake: 15 min

Final fermentation: 45 - 50 min

Baking temperature: 220 - 200°C with
steaming oven



Baking time: according to weight

2

Before preparing the dough, soak the mixture and sunflower in the given amount of warm water (45 – 50°C) for about 1 hour.

3

Then add the remaining ingredients and mix the dough.

4

Put the pieces of cake into the molds using water, smooth the top with a wet hand.

5

After planting, the baking chamber should be steamed. Then, after about 3 – 4 min, remove the steam from the chamber.

Bon appétit!

Smacznego



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