

Strong grain bread

INGREDIENTS

5 kg	SOLID GRAIN GRANIX	2 kg	SUNFLOWER
6,5 kg	WATER FOR SOAKING	1,75 kg	WHEAT FLOUR TYPE 750
1,25 kg	RYE FLOUR TYPE 720	0,25 kg	YEAST
ok. 1,5 kg	WATER	0,5 kg	LIQUID ACID 200 SH



A METHOD OF PREPARING

1

PARAMETERS

Weeding time: 10+2

Cake temperature: 28 - 32°C

Dough weight: according to the plant
Dough maturing: 10 - 15 min

Final fermentation: 50 - 60 min

Baking temperature: 240 - 220°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.



4

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

3

Then add the remaining ingredients and mix the dough.

5

After planting, steam the baking chamber, after about 3 - 4 minutes remove steam from the chamber.

Bon appétit!

Smacznego



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