

# Chia Buckwheat Champions Rolls



## Ingredients

### Chia Buckwheat Champions Rolls

|                           |     |       |
|---------------------------|-----|-------|
| Flour (protein)           | 50% | 5000g |
| Vitason Chia Buckwheat    | 50% | 5000g |
| Fresh Yeast               | 4%  | 400g  |
| QS Croustillant (Crispy)  | 3%  | 300g  |
| Water approx.             | 57% | 5700g |
| <b>Decoration:</b>        |     |       |
| Sunflower Seeds (approx.) | 2%  | 200g  |

## Working Method

|                   |  |
|-------------------|--|
| Kneading          | Mix all ingredients into a smooth and well developed dough   |
| Dough temperature | Approx. 26°C   |
| Scale             | Approx. 1800 grams for 30 pieces   |
| Dough proof       | Approx. 15 mins  |
| Dividing          | Flatten dough pieces, make the top wet and press in sunflower seeds. Then divide (don't round up) and place on baking sheets |
| Final proof       | Approx. 50 minutes   |
| Baking            | Approx. 18 minutes at 230°C with steam   |



For more information please contact Sonneveld: +31 (0)78 644 25 25 or send an e-mail to [info@sonneveld.com](mailto:info@sonneveld.com). Our specialists are glad to assist you.

### Bakery Ingredients

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