

# Mieszanka Wieloziarnista Ciemna (Polish Multigrain)



## Ingredients

### Mieszanka Wieloziarnista Ciemna (Polish Multigrain)

|                     |     |       |
|---------------------|-----|-------|
| Flour               | 50% | 5000g |
| Mix Multigrain (PL) | 50% | 5000g |
| Fresh Yeast         | 4%  | 400g  |
| Water approx.       | 55% | 5500g |

## Working Method

|                   |   |
|-------------------|---|
| Kneading          | Mix all ingredients into a smooth and well developed dough      |
| Dough temperature | Approx. 27°C  |
| Scale             | Dough pieces approx. 900 grams and rounding                     |
| Dough proof       | Approx. 15 minutes  |
| Moulding          | Mould as a long loaf<br>Place the dough pieces into baking tins |
| Final proof       | Approx. 60 minutes  |
| Decorating        | Just before baking sprinkle with flour and incise as desired    |
| Baking            | Approx. 30 minutes at 220-230°C                                 |



For more information please contact  
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e-mail to [info@sonneveld.com](mailto:info@sonneveld.com). Our specialists  
are glad to assist you.

### Bakery Ingredients

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