

Olympic Wholemeal Loaf



Ingredients

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Wholemeal flour (high-protein)	100%	10000g
Crème Maltoson	2%	200g
QS Bruine Mik (Brown Bread)	2%	200g
Fresh Yeast	2%	200g
Salt	1.5%	150g
Water approx.	59%	6400g
Granary	5%	500g
Water to soak Granary	5%	500g

Working Method

Soaking	Pre-soak the Granary for approx. 30 minutes with lukewarm water
Kneading	Mix all ingredients into a smooth and well developed dough
Dough temperature	Approx. 26°C
Bulk proof	Approx. 60 minutes
Scale	Dough pieces approx. 900 gram and rounding
Dough proof	Approx. 60 minutes
Moulding	Mould as a long loaf. Place the dough pieces on a with rice flour prepared inserter
Final proof	Approx. 70 minutes
Decorating	Just before baking sprinkle with rye flour and incise once
Baking	Approx. 40-45 minutes at 230°C with not too much steam



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

Bakery Ingredients

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