

# Soft Sunflower Buns



## Ingredients

### Soft Sunflower Buns

Flour	50 %	5000g
<i>Vitason Zonnepit (sunflowerseed) 50%</i>	50 %	5000g
<i>Sonplus Luxe (Luxury)</i>	10 %	1000g
Fresh Yeast	6%	600g
Water approx.	46%	4600g

## Working Method

Kneading	Knead all ingredients into a smooth and well developed dough
Dough temperature	Approx. 26°C
Scale	Approx. 1.650 gram (30 pieces)
Dough proof	Approx. 15 minutes
Dividing	Divide an round up
Decorating	Decorate with sun flour seeds, sprinkle with rye flour at the bottom and top. Optionally, after placing on the baking sheet, light sprinkle with caraway seeds
Final proof	Approx. 90 minutes
Baking	Approx. 11 minutes at 250°C



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

Sonneveld Group B.V. - Rietgorsweg 1-3 - P.O. Box 42 - 3350 AA Papendrecht - The Netherlands  
Tel. +31 (0)78 644 25 25 - [www.sonneveld.com](http://www.sonneveld.com) - [info@sonneveld.com](mailto:info@sonneveld.com)