

Gerster Bread

Roggen Fix is a typical German bread mix consisting of rye flour, rye meal and a special rye sourdough. This gives the delicious taste of a genuine rye based sourdough with long lasting freshness and good even crumb texture. It can be used as variable dosages with wheat flour to create your own distinctive flavour and texture.

Ideal for loaves and bread rolls - Roggen is the German for Rye.

Ingredients	%	Batch Weight
Wheat Flour	60	1.200 kg
Roggen Fix	40	0.800 kg
VX2 –T	1	0.020 kg
Water	65	1.300 kg
Salt	1	0.020 kg



Preparation Instructions

- Place all ingredients into a mixer and mix on slow speed for 3 minutes and then 5 + minutes on fast - Note: take care as the dough contain Rye flour and over mixing will result in a sticky dough. Dough temperature: 26 – 28°C
- Once the dough is fully developed, place it into a lightly oiled container and cover with plastic. Rest for 25 minutes
- Turn the dough out onto a floured surface and scale into 350g dough pieces. Very gently loosely mould the dough pieces into a round shape, being careful not to knock too much gas out of the dough
- Give a rest of 10 – 15 minutes. Cover the dough to prevent skinning
- Take each dough piece and gently mould into a round ball or oblong shape and place on a baking tray (3 –4 per tray)
- Proof at for 40 – 50 minutes. The dough pieces should be approximately 90% proofed
- Remove from the Proofer
- With a gas burner burn the top of the bread to dark marks are visible

Baking Instructions

- Place into a preheated oven set at 230°C with steam
- Open the oven vent after 1.5 – 2 minutes of baking to release the steam
- Bake for a total of 30 minutes reducing the heat to 210°C after 20 minutes of baking