



## Three Grain PRO Bread

The Three Grain PRO Bread Mix is a combination of a powerful three grain Bread mix enriched with Magnesium and Vitamin E. This combination supports a positive nutrition and its taste and structure meets also the expectations of children. Three Grain Pro is a family bread with aspects for a positive nutrition.

| Ingredients                   | %         | Batch Weight    |
|-------------------------------|-----------|-----------------|
| Three Grain PRO Mix           | 30        | 0.300 kg        |
| Wheat Flour                   | 70        | 0.700 kg        |
| Salt                          | 1         | 0.010 kg        |
| Dried Yeast                   | 1         | 0.020 kg        |
| <b>VX-2T</b>                  | <b>,5</b> | <b>0.005 kg</b> |
| Water (variable)              | 64        | 0.640 kg        |
| <b>Meister back Margarine</b> | <b>4</b>  | <b>0.040 kg</b> |



### Preparation Instructions

1. Place all ingredients, a mixer and mix on slow speed for 3 minutes and then 5 + minutes on fast
2. Dough Temperature: 26 – 28°C
3. Once the dough is fully developed, place it into a lightly oiled container and cover with plastic. Resting time: 20 – 30 minutes.
4. Turn the dough out onto a floured surface and scale into 400 g dough pieces. Very gently loosely mould the dough pieces into a round shape
5. Give a rest of 10 – 15 minutes. Cover the dough to prevent skinning.
6. Take each dough piece and gently mould into a round ball or oblong shape
7. Spray with water and dip into a mix of sesame seeds, oats, Sunflower seed and Flax seed if desired and place on a baking tray (3 – 4 per tray)
8. Proofing time: 40 – 50 minutes. The dough pieces should be approximately 90% proofed.
9. Remove from the Proofer

### Topping:

|                 |          |
|-----------------|----------|
| Oat:            | 0,140 kg |
| Sunflower seed: | 0,140 kg |
| Sesame seed:    | 0,070 kg |
| Flax seed:      | 0,070 kg |

### Baking Instructions

- 1 Cut one lengths cuts on the top surface of the dough piece (see photo)
- 2 Place into a preheated oven set at 230°C with steam
- 3 Open the oven vent after 1.5 – 2 minutes of baking to release the steam
- 4 Baking time: 30 minutes Baking temp.: 230°C reducing the heat to 210 °C after 20 minutes of baking