

Wholemeal wheat roll with sunflower seeds

INGREDIENTS

2,5 kg	WHOLEMEAL GRANIX	3 kg	WATER FOR SOAKING
6,8 kg	WHEAT FLOUR TYPE 550	0,7 kg	RYE FLOUR TYPE 720
0,4 kg	YEAST	2 kg	SUNFLOWER
0,1 kg	SALT	0,25 kg	BAKING AGENT BUN
ok. 4,5 kg	WATER		



A METHOD OF PREPARING

1

PARAMETERS

Weeding time: 3 + 7

Cake temperature: 27 - 28°C

Weight of the cake: according to the plant

Aging of the cake: 10 - 15 min

Final fermentation: 45 - 50 min

Baking temperature: 230°C with steaming oven



Baking time: by weight

3

From all the listed ingredients prepare a cake.

5

Bake with steaming oven. At the end of baking, drain the steam to obtain a crispy crust.

2

Before preparing the dough, soak the mixture in the given amount of water for about 40 minutes (water temperature about 40 - 45°C).

4

Divide the mass into pieces of the desired weight, cut without rounding in a breadcrumb separator. On one side, wrap the morsel with flour type 2000 with sunflower on the other side.

Bon appétit!

Smacznego



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