

100% Sprouted Multigrain Whole Wheat Bread

Create wholesome pan bread using sprouted grains. This pan bread is 100% Sprouted Whole Wheat using BeneGrain Sprouted Wheat flour and Benegrain Sprouted grains and seeds.

Ingredients	Baker's %	Weight (g)
Dough		
(f) BeneGrain Sprouted Wheat Flour ¹	100.00%	1500.00
BeneGrain Sprouted Blend ¹	25.00%	375.00*
BeneGrain Gluten Free Blend ¹	7.00%	105.00
Vital Wheat Gluten	5.00%	75.00
Honey	5.00%	75.00
Maple Syrup	5.00%	75.00
Agave	4.00%	60.00
Soybean Oil	4.00%	60.00
Yeast, IADY	3.20%	48.00
Salt	2.00%	30.00
Molasses	2.00%	30.00
Dough Conditioner ² ICS 66	0.25%	3.80
Emulsifier ³ Dimodan HS 150 B/K-A	0.25%	3.80
Enzyme Strengtheners ³ PowerBake 960	0.10%	1.50
Water	51.00%	765.00
Total	213.80%	3207.10
Topping		
	True%	
Sprouted Oat Flakes ¹	33.33%	
Sunflower Seeds ¹	33.33%	
Sprouted Flax Seeds ¹	33.34%	
Total	100.00%	

(f) denotes flour

¹ Bay State Milling Company, Quincy, MA

² AB Mauri

³ Danisco

Procedure

1. In a separate container place all the BeneGrain Sprouted Blend with 1:1 water and soak for 1 hour
2. Place all ingredients in a 12 quart Hobart mixing bowl fitted with a dough hook.
3. Mix 1.5 minutes on low speed and 7.0-8.0 minutes on medium speed. Final desired dough temperature is 78°F +/- 2°F.
4. Divide and round into desired gram dough pieces for this application (700 grams scaling weight).
5. Bench rest for 10 minutes at ambient temperature.
6. Mould, enrobe with topping, place into 1.5 pound wide loaf pan.
7. Proof for 60 minutes at 102°F/ 85% RH.
8. Bake for 28-30 minutes at 380°F in a Reed oven.
9. Cool for 60 minutes, slice and enjoy!