



APCACHÉONLINE

▶ Basic
Bread

WHOLE WHEAT BREAD



Basic Bread



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DOUGH

Bread Flour	200g
Whole Wheat Flour	86g
Salt	6g
Yeast	8g
Olive Oil	17g
Sugar	12g
Water	186g



Method

1. Mix all the ingredients together using a hook attachment.
2. Start mixing on first speed for 5 minutes and continue mixing on second speed for 3 to 4 minutes until it becomes a smooth dough.
3. Place the dough into a container to let the dough bulk ferment for 1 hour 30 minutes at 24°C - 26°C.
4. After bulk fermentation, divide the dough to 250g portions.
5. Shape the dough into the mould, cover with cling film and let it proof for 1 hour at 24°C to 26°C.
6. Transfer the dough onto a baking tray and score the bread.
7. Bake at 230°C with 3 seconds steam for 15 minutes with close ventilation and another 7 minutes with open ventilation.
8. After baking, leave it to cool on a wire rack.

YIELDS

2 nos 250g loaves