



## **3 SEED BROT MIX**

*A concentrated premix to prepare 3 seeds breads & rolls*

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**SwissBake<sup>®</sup> 3 Seed Brot** is a concentrated multigrain bread mix that bakes health bread with a malted flavour profile that is rich in amino acids. It can be used for the preparation of loaf breads or rolls. This wholesome bread has been gaining popularity as a multigrain bread due to its health benefits, rustic taste profile and balanced seed content.

- ✓ *High fibre bread with omega-rich seeds*
- ✓ *Enhanced rich taste with malted flavour profile*
- ✓ *Perfect bread for the health conscious*



### BAKER RECIPE

Wheat Flour	750 gm
3 SEED BROT MIX	250 gm
Water	550 gm
Fresh Yeast / Dry Yeast	25 gm / 10 gm

### INGREDIENTS

Wheat Flour, Sesame Seeds, Linseeds, Lupin Flour, Coarse Ground Wheat, Salt, Wheat Gluten, Rye Flour, Malted Rye Flour, Emulsifiers E472e, Malted Barley Extract, Malted Barley Flour, Malted Wheat Flour, Spices, Flour Improver, E300, Enzymes.

### BAKING METHOD

Mix for approx. 4 minutes slow and 6 minutes fast. Dough temperature should be at 24°C to 26°C. Bulk fermentation for 30 minutes. Scale the dough weight to 500 gm. Final proof for 30 minutes to 40 minutes at 32°C under 75% humidity. Bake at 230°C falling to 210°C for approx. 30 minutes to 40 minutes.

