



## WHOLEMEAL RYE BREAD WITH WHEATGERM

### WHOLEMEAL BREAD

#### DIFFICULTY LEVEL



#### SOY BREAD RECIPE

##### INGREDIENTS

INTEGRAL	g 10.000
WATER	g 6.000-6.500
YEAST	g 400

##### PREPARATION

Knead INTEGRAL and yeast with 2/3 of the dose of water for a few minutes in a kneading machine (better if you use a plunging arm kneading machine or a spiral one).  
Then, pour the remaining water in 2-3 times and make sure that all the water is absorbed.  
Keep on kneading until the dough is smooth and elastic (consider that the kneading time is about 15 minutes in spiral kneading machine, while the use of a plunging arm kneading machine requires a longer kneading time).  
When ended the kneading (temperature of the dough of 26-27°C), cover the dough with a cloth and let it rest for 10-15 minutes at room temperature (22-24°C). (RESTING TIME).

##### FINAL COMPOSITION

When the resting time is over, divide the dough into portions (usually 70g or 400g of dough for each portion), then roll each portion up tight to shape loaves.

Let the loaves rise in the proofer room at 28-30°C, with relative humidity of the 70-80%, for about 40-50 minutes.

Bake the 70g loaves for 20 minutes and the 400g loaves for 40 minutes, both at 210-220°C.

It is advisable to open the valve towards the end of the baking so as to allow bread to dry out well.

N.B.

The recommended times for resting and rising can be adjusted according to the actual room temperature conditions.

