

Gluten- and Lactose-free Bread with Sunflower Seed



Recipe

Roasted Sunflower Seeds	0,400 kg
Water	0,100 kg

Mix the Water with the Sunflower Seeds, and let rest for approx. 30 minutes

KOMPLET Gluten- and Lactose-free Flour	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Soaked Sunflower Seeds (see above)	0,500 kg
Water	1,100 kg

Total weight 2,790 kg

Yield 4 pieces

Process:

Make the dough with all the ingredients (using a flat beater)

Mixing time: approx. 3 minutes on first speed
approx. 3 minutes on medium speed

Dough temperature: approx. 30 °C
Scaling weight: 600 g dough pieces
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale 600 g and place the dough with wet hands into the baking tins. Sprinkle the surface with Sunflower Seeds.

Proving time: approx. 40 minutes
(35 °C and 75 % humidity)

Baking temperature: approx. 230 °C,
falling to 200 °C

Baking time: 45 minutes (bake with steam)

Master Tip:

IF YOU REQUIRE A BREAD WITH A HIGHER VOLUME,
ADD 4 EGGS PER KG KOMPLET Gluten- and
Lactose-free Flour.

Bake the best with something good!