



Bread and Yeast Compounds - Bread Premixes and Concentrates

**Recipe No:**  
**R120 - R120h**

**MEAL BREAD AND ROLLS**

USING FINO BREAD AND ROLL CONCENTRATE

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>
	FINO MEAL BASE	1.500
	Flour	3.500
	Bakels Instant Active Yeast	0.065
	Water (variable)	3.250
	FINO BREAD AND ROLL CONCENTRATE	0.500
<b>Total Weight</b>		<b>8.815</b>

**Method:** 1. No time dough.  
2. Place all ingredients in machine bowl and develop thoroughly.  
3. Dough temperature 30-31°C (86-88°F).  
4. Allow dough to recover 5 minutes.  
5. Scale and mould as desired.  
6. Prove then bake at 250°C (480°F).

**Notes:** The metric recipe is of similar size to the avoirdupois recipe but is not an exact conversion.  
If using Compressed Yeast, use 200g (8oz) in above recipe.  
For a lighter or heavier grain bread, the proportions of FINO MEAL BASE and flour can be altered to suit.

**Yield:** 15 loaves scaled at 570g, 108 rolls scaled at 8g