



Bread and Yeast Compounds - Bread Premixes and Concentrates

**Recipe No:**  
**R111 - R111k**

**SWEET & SOUR BAPS**

USING BAKELS HENRYS SOURDOUGH

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>
	BAKELS HENRYS SOURDOUGH NATURAL	1.200
	Flour	2.500
	FINO MEAL BASE	0.400
	BAKELS INSTANT ACTIVE YEAST	0.050
	Honey	0.250
	Salt	0.030
	Water (variable)	2.500
<b>Total Weight</b>		<b>6.930</b>

- Method:**
1. No time dough.
  2. Place all ingredients into mixer and mix on slow speed for 2 minutes.
  3. Then mix on high speed for approximately 8 minutes or until dough is developed.
  4. Give the dough a bench time of 5 minutes.
  5. Scale, round and allow for further 5 minute rest.
  6. Mould and proof for approximately 45-60 minutes.
  7. Bake at 200°C for approximately 15 minutes.

**Notes:** The metric recipe is of similar size to the avoirdupois recipe but is not an exact conversion.  
If using Compressed Yeast, use 125g (5oz) in above recipe.