



## HONEY OATS LOAF



<u>FOR THE DOUGH</u>			<u>COSTING (in ₹)</u>		<u>NO. OF PORTIONS: 1</u>
<u>INGREDIENTS</u>	<u>QUANTITY</u>		<u>WHOLESALE</u>	<u>M.R.P.</u>	<u>COST PER PORTION (in Rs.)</u>
Flour	222 g	1+1/2 cup + 1 tbsp	5.4	8	<u>WHOLESALE</u> 40.17
Honey	30 g	2 tbsp	5.5	5.5	
Salt	3 g	1/2 tsp	1	1	
Yeast	4 g	½ tbsp	2.3	2.3	
Improver	2 g	1 tsp	4.2	4.2	<u>M.R.P.</u> 46.21
Gluten	2 g	1 tsp	2.28	2.28	
Oats	36	2 tbsp	5.8	6.84	
Water	120-130 g	½ cup	2.6	2.6	
Milk	115	½ cup	5.29	5.29	
Butter	15 g	1 tbsp	5.8	8.2	
<u>TOTAL</u>			<b>40.17</b>	<b>46.21</b>	<u>INSTRUCTIONS</u>
<u>METHOD</u> <ol style="list-style-type: none"> <li>1. Pre-heat the oven at 200°C (OTG mode: upper rod + lower rod + fan).</li> <li>2. In a bowl, collect all the dry ingredients, i.e flour, salt, yeast, oats, improver and gluten. Now, warm the milk and add water and honey to it. Use this mixture to form the dough by adding it to the dry ingredients.</li> <li>3. When the dough is formed, transfer it on the counter and start kneading it to form gluten in it. Once the gluten is formed, add in the butter and knead it again till the fat is completely incorporated. Then transfer it to a lightly greased bowl and keep it for first fermentation for about 30 minutes.</li> <li>4. After proofing, degas the dough, then shape it into a long loaf and place it on the baking tray.</li> <li>5. Now keep it for proofing for about 30-40 minutes.</li> </ol>					<u>OVEN TEMPERATURES</u>
					<u>OTG</u> 200°C (upper rod + lower rod) <u>DECK OVEN</u> Upper temperature – 200°C Lower temperature – 200°C <u>UNOX</u> 160°C, Fan speed – 1, Humidity – 0



6. When the dough has proofed, brush some honey on top and sprinkle the oats, and give 3-4 diagonal scoring and bake it in a preheated oven for around 25 minutes or until golden brown in color.	
7. Let it cool down on a wire rack.	

NOTE		
<u>Shelf life of</u>	<u>Room temperature</u>	<u>Freezer</u>
Bread dough	-	1 month
Baked bread	3 days	-

