



WHOLE WHEAT BREAD



<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 ₹)</u>
Flour	250 g	1+1/2 + ¼ cup	6.75	10	
Sugar	15 g	1 tbsp	0.87	1.8	<u>WHOLESALE</u>
Salt	5 g	1 tsp	1	1	
Yeast	6 g	½ tbsp+1/4 tsp	2.1	2.1	32.72
Improver	4 g	1+1/2 tsp	6.5	6.5	
Gluten	6 g	2 tsp	4.5	4.5	<u>M.R.P.</u>
Water	150-160 g	½ + ¼ cup	3.2	3.2	
Butter	10 g	½ tbsp + 1/4 tsp	3.2	4.5	
Oil	10 g	¾ tbsp + 1 tsp	1	1.16	
Oats (for garnish)	20 g	1/8 cup	2.6	3.34	
<u>TOTAL</u>			₹ 32.72	₹ 38.10	<u>INSTRUCTIONS</u>
<u>METHOD</u> 1. Pre-heat the oven at 200°C (OTG mode: upper rod + lower rod + fan).					<u>OVEN TEMPERATURES</u>



<ol style="list-style-type: none">2. In a bowl, collect all the dry ingredients, i.e flour, sugar, salt, yeast, improver and gluten. Now, add warm water to it and combine to form soft dough.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 oil 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 30 minutes.4. After proofing, degas the dough and flatten it on the counter.5. For the shaping, lightly oil your hands and turn the edges towards the center, now flip the dough and start rolling it between your palms to make it into a nice round ball.6. Spray or brush some water in a deep bowl and dust it with whole wheat flour or just brush it with some oil. Place your dough inside the bowl with the seam facing upwards. If there is any gap you can pinch it with your fingers.7. Once proofed, carefully flip the dough on the baking tray. Spray or brush some water on it and sprinkle oats on it. Now using a sharp knife or a cutter score diagonally in the centre. Make sure not to cut too deep.8. Place the baking tray in the pre heated oven for 20 to 25 minutes. If you notice that more color is forming on the top, you can gently place a piece of aluminum foil on it.9. When the bread has baked, let it cool on a wire rack.	<p>OTG 200°C (upper rod + lower rod)</p> <p>DECK OVEN Upper temperature – 200°C Lower temperature – 200°C</p> <p>UNOX 160°C, Fan speed – 1, Humidity – 0</p>
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NOTE		
Shelf life of	Room temperature	Freezer
Bread dough	-	1 month
Baked bread	3 days	-