



MULTIGRAIN 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</u> (in ₹)
	<u>In grams</u>	<u>In cups</u>			
Flour	260 g	1 + ½ + 1/3 cup	7	10.4	<u>WHOLESALE</u> 37.68
Whole-wheat flour	100 g	2/3 cup	2.4	4.25	
Ragi flour	40 g	¼ cup	3.12	3.12	
Multigrain mix	24 g	-	12	12	
Sugar	20 g	1 + ½ tbsp.	1.16	2.3	
Salt	10 g	½ tbsp.	1	1	
Yeast	10 g	3 tsp	2	2	
Improver	5 g	2 tsp	1	1	<u>M.R.P</u> 44.47
Gluten	5 g	2 tsp	1	1	
Water	225 g- 240 g	1 cup	4.5	4.5	
Oil	25 g	1/8 cup	2.5	2.9	
<u>TOTAL</u>			₹ 37.68	₹ 44.47	<u>INSTRUCTIONS</u>



METHOD

1. Pre-heat the oven at 200°C (**OTG mode: upper rod + lower rod + fan**).
2. In a bowl collect flour, add in whole-wheat flour, ragi flour, Salt, Sugar, Yeast, Improver, Gluten and soaked multigrain mix.
3. Add water and start kneading the dough to form gluten in it.
4. Once the gluten has formed, add the oil and knead again for 5 minutes. Then keep it for primary fermentation until it gets double in size.
5. When the dough is proofed, degas the dough, and divide it into 4 equal parts. Shape all the portions roughly into a long loaf form, cover them and let them rest on the counter for about 10 minutes.
6. Now degas all the portions and roll them into long ropes. Brush water on them and cover them with multigrain seeds.
7. Now place all the ropes parallel to each other and join them by the top.
8. Starting from the left, number the rope as 1,2,3,4.
9. Now for the braid, follow this sequence, 4 over 2, 1 over 3 and 2 over 3. Repeat this process until you run out of dough. At the end, join them by the ends. Tightly roll the edges and tuck them below the loaf.
10. Now let it proof for about 20 to 30 minutes.
11. Once proofed, place the bread in a preheated oven and bake it for around 20 minutes or until golden brown in color.
12. After baking, place it on the cooling rack until it reaches room temperature before consuming.

OVEN TEMPERATURES

OTG

200°C (upper rod + lower rod)

DECK OVEN

Upper temperature – 200°C

Lower temperature – 200°C

UNOX

160°C, Fan speed – 1, Humidity – 0



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

