



RYE BREAD



FOR THE RYE DOUGH		COSTING (in ₹)		NO. OF PORTIONS: 1
INGREDIENTS	QUANTITY	WHOLESALE	M.R.P.	
Dark Rye Flour	125 g	62.5	62.5	
Sugar	3 g	0.2	0.28	
Salt	3 g	1	1	
Yeast	2 g	1	1	
Water	70-75 g	2	2	
Oil	5 g	0.5	0.58	
TOTAL		67.2	67.36	INSTRUCTIONS
METHOD				
<ol style="list-style-type: none"> In a bowl, take all the dry ingredients, add water gradually and start kneading the dough. Make sure not to add too much water. Then add the oil and knead again for 5 minutes till it is smooth. Transfer it to a greased bowl and keep it for proofing. 				
				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



FOR THE WHITE DOUGH		COSTING (in ₹)		NO. OF PORTIONS: 1
INGREDIENTS	QUANTITY	WHOLESALE	M.R.P.	
Flour	180 g	4.86	6.8	
Sugar	6 g	0.33	0.72	
Salt	3 g	0.04	0.04	
Yeast	4 g	1.42	1.42	
Improver	1 g	1.63	1.63	
Gluten	1 g	0.76	0.76	
Water	100-105 g	2	2	
Oil	6 g	0.6	0.66	
TOTAL		11.62	14.03	INSTRUCTIONS
METHOD				OVEN TEMPERATURES
<ol style="list-style-type: none"> Pre-heat the oven at 200°C (OTG mode: upper rod + lower rod + fan). In a bowl, take all the dry ingredients, add water gradually and start kneading the dough. When the gluten has formed, add the oil and knead again for 5 minutes. Transfer it to a greased bowl and keep it for proofing. 				
<p>OTG 200°C (upper rod + lower rod + fan)</p> <p>DECK OVEN Upper temperature – 200°C Lower temperature – 200°C</p> <p>UNOX 160°C, Fan speed – 1, Humidity – 0</p>				

FOR THE GARNISH			COSTING (in ₹)		NO. OF PORTIONS: 1
INGREDIENTS	QUANTITY		WHOLESALE	M.R.P.	
	In grams	In cups			
White sesame seeds	5 g	1+1/2 tsp	2.6	5.3	
Black sesame seeds	5 g	1+1/2 tsp	2.6	5.3	

COST PER PORTION (in ₹)		
ELEMENTS	WHOLESALE	M.R.P.
White dough	11.6	14
Rye dough	67.2	67.3
Garnish	2.6	5.4
TOTAL	₹ 81.4	₹ 86.7



ASSEMBLY AND BAKING

1. Pre-heat the oven at 200°C (**OTG mode: upper rod + lower rod + fan**).
2. Once both the dough have been proofed, degas them and roll them width wise and lengthwise to 2mm thickness. The width should be about the length of the bread tin.
3. Now take the white dough and place the rye dough on it.
4. Now flatten it a bit using your hands, and start rolling it upwards till the ends. Pinch the seam and seal it. Now trim the edges using a thread and place it in a greased bread tin with the seam facing downwards and keep for proofing for 30-40 minutes or until it almost reaches the top.
5. Now brush some water on the top, sprinkle white sesame and black sesame seeds and score it lengthwise in the centre.
6. Bake it in a preheated oven for about 30 minutes or until golden brown in color.
7. Let it cool on a wire rack after baking.

