

Base recipe for bread, 20 loafs.

Manitoba Cream, self raising flour or organic flour	8 Litre
Rye flour, Graham flour	2,5 kg
Dried yeast 75grams Fresh yeast 300grams	
Syrup	½ Litre
Salt	0.1 Litre
Veg oil	0.3 Litre
Water	4 litre

Day 1

Mix the water, syrup, oil, salt and yeast.

Pour in all the flour and work the dough for about 15 minutes.

Let the dough rise only once, then bank out the dough, form the loafs, put on baking trays and store in the fridge or freezer over night (can also bake it fresh the same day)

Day 2

Refrigerated

Baking

1. 80 C with combination of steam and warm air 30 minutes
2. 140 C with just warm air 30-40 minutes, the temperature at the centre of the bread should be approximately 95 C.

When baking from the freezer add about 10-15 minutes at stage 1.

These recipe I learnt from a good friend Micheal Backman a few years ago and it really is great to work with. After you get a rutin

Up to the baker what flavours to have in the bread and always add the flavour when mixing the liquids. Cheese, herbs, apples, garlic, leek, it's up to your imagination. Leftovers from salads like grated carrots, lentils for example.

Mix in different seeds like flax seeds.

Make loafs, buns, pizza rolls, focaccia or baguettes.

Good luck



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