



ADM SPECIALITY INGREDIENTS  
ARKADY  
100 PANIPLUS ROADWAY  
OLATHE, KS 66061  
913-782-8800

## Honey Bran Bread

### SPONGE METHOD

#### SPONGE:

Ingredients	Grams	Percent
Patent flour	630.0	56.47
Water (variable)	400.0	35.84
<i>Provim ESP® Vital Wheat Gluten</i>	40.0	3.59
Yeast, compressed	40.0	3.59
Yeast food	<u>5.7</u>	<u>0.51</u>
Total	1115.7 grams	100.00%

#### PROCEDURE:

1. Mix two minutes low speed; two minutes high speed.
2. Dough temperature 78° F.
3. Fermentation 84° F. and 80% R.H. for three hours.

#### DOUGH:

Ingredients	Grams	Percent
Patent flour	420.0	34.95
Water (variable)	390.0	32.46
<i>Honi-Bake® Dry Honey</i>	160.0	13.31
Wheat bran	160.0	13.31
Shortening	40.0	3.33
Salt	21.2	1.76
Vinegar	<u>10.6</u>	<u>0.88</u>
Total	1201.8 grams	100.00%

#### PROCEDURE:

1. Mix sponge with vinegar, water and dry ingredients until dough is well developed.
2. Dough temperature 82° F.
3. Floor time 15 minutes.
4. Shape and pan, 18oz for 1 lb. loaf.
5. Proof, 100° F and 95% R.H. for 50 - 60 minutes.
6. Bake at 400° F. for 30 minutes.