



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

Multi Grain Bread

SPONGE METHOD

SPONGE:

| Ingredients | Grams |
|-------------------|------------|
| Patent flour | 617 |
| Cracked wheat | 163 |
| Wheat bran | 36 |
| Yeast, compressed | 28 |
| Yeast food | 6.8 |
| Water (variable) | <u>475</u> |

PROCEDURE:

7. Mix two minutes low speed; two minutes high speed.
8. Dough temperature 78° F.
9. Fermentation 84° F. and 80% R.H. for three hours.

DOUGH:

| Ingredients | Grams |
|--------------------------------|-------|
| Patent flour | 333 |
| Whole wheat flour | 100 |
| Brown sugar | 91 |
| Provim ESP® Vital Wheat Gluten | 36 |
| Shortening | 36 |
| Dri-Mol® Dry Molasses | 27 |
| Sweet'n'Neat® 2000 Dry Honey | 27 |
| Rye flour | 21 |
| Yeast, Compressed | 9 |
| Yeast food | 2.2 |
| Water (variable) | 362 |

PROCEDURE:

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