



Our \*NEW\* Multi-Seed Concentrate contains;  
Sunflower seeds  
Pumpkin seeds  
Wheat bran  
Linseeds  
Oats

## MULTISEED CONCENTRATE

### WHOLEMEAL ROLLS

Ingredients	Kg
Millers Gold (6205-16)	16.000
Multiseed Concentrate (4397-16)	16.000
Yeast	0.960
Water	19.350
<b>Total</b>	<b>52.310</b>

### BROWN ROLLS

Ingredients	Kg
Natures Gold (6155-16)	16.000
Multiseed Concentrate (4397-16)	16.000
Yeast	0.960
Water	18.850
<b>Total</b>	<b>51.810</b>

### MALTED ROLLS

Ingredients	Kg
Harvest Sun (4248-16)	16.000
Multiseed Concentrate (4397-16)	16.000
Yeast	0.960
Water	17.500
<b>Total</b>	<b>50.460</b>

### WHITE ROLLS

Ingredients	Kg
Sovereign (1870-16)	16.000
Multiseed Concentrate (4397-16)	16.000
Yeast	0.960
Water	17.920
<b>Total</b>	<b>50.880</b>

Dough temperature: 27°C (80°F.)

Mixer type: Spiral/conventional mixer:

2-3 minutes slow and 6-8 minutes fast

1. Mix all ingredients to form a dough
2. Divide dough into press weights of 1800g (for a press of 30 this will give 60g rolls)
3. Mould round and rest for 15 minutes before processing
4. Place on lined baking sheets
5. Prove and bake

### PROVING, SCALING & BAKING

Proving temperature: 35°C / 70% RH

Proving time: 50-55 minutes

Baking temperature: 230°C (450°F.)

Baking time: 35-40 minutes (according to size)

Wholemeal rolls - High in fibre (6.21g)  
Brown rolls - A source of fibre (5.59g)  
Malted rolls - A source of fibre (4.95g)  
White rolls- A source of fibre (4.5g)\*

\* Calculations are made based on the recipe used and are not taking into account moisture losses during baking which would increase fibre content of the final product. This information is supplied by ADM Milling Ltd. in good faith, after the exercise of all reasonable care and skill in its preparation and issue, but is provided without liability in its application and use.