



# Fibre Focused Recipes



"Serving Suggestion"

## Our Ingredients Bake All the Difference

ADM offers a very comprehensive portfolio of tried-and-tested flours, on-trend specialty milled ingredients, baking mixes and complementary ingredients—all backed by over a century of milling experience. Our bakers, millers and technical experts are at the ready to help you select the right ingredients for better baking results and to achieve your business goals faster.

## The Right Products

ADM offers a variety of flours and specialty milled products and continues to develop more—to meet the functional and quality needs of our customers and their customers.

## Excellence That's Baked Right In

ADM provides the highest grade flours and blends to help your baking business succeed, batch after batch and loaf after loaf. We offer the best flours and blends available and deliver the reliability and trust you need to ensure higher quality, better performance and more consistent yields.

## View Recipes Online



## Fibre Facts;

**Your daily recommended intake of fibre should be 30g\***

\*According to bda.co.uk - <https://www.bda.co.uk/resource/fibre.html>

All bread and flour products contain fibre – just in different amounts.

Two slices of breads contain on average the following amount of fibre:

- Regular white sliced bread 2.2g
- High-fibre bread 5.2g
- Wholemeal 5.0g
- Seeded wholemeal around 11g per two slices

\*<https://fabflour.co.uk/fab-nutrition/fibre/>

Dietary fibre can provide many health benefits

Try adding these foods to your day to increase your fibre intake; nuts, seeds, pulses or try spreading butters such as almond or nut butter to your seeded toast



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## WHOLEMEAL & RYE BREAD

Ingredients	Kg
Millers Gold (6205-16)	16.000
Rye (4422-25)	16.000
Salt	0.512
Clean Label Multi - Purpose Improver (4283-12)	0.400
Water	21.760
Yeast	1.000
<b>Total</b>	<b>55.672</b>

Dough temperature: 27°C (80°F.)  
Mixer type: Spiral/conventional mixer:  
2 minutes slow and 5 minutes fast

This recipe is HIGH in fibre, containing 7.47g of fibre per 100g\*

1. Place ingredients into a mixer and blend
2. When mixed, stand for 15 minutes
3. Divide into 460g and mould into cobs
4. Dust tops with Rye flour and make a stab in the centre of the cob
5. Prove and bake

## PROVING, SCALING & BAKING

Proving temperature:	40°C / 70% RH
Proving time:	35 minutes
Baking temperature:	220°C (430°F.)
Baking time:	28-30 minutes

## HIGH FIBRE BRAN LOAF

Ingredients	Kg
Natures Gold (6155-16)	8.000
ADM Bakers Bran (95-20)	0.800
Salt	0.176
Treacle	0.104
Shortening	0.144
Clean Label Multi - Purpose Improver (4283-12)	0.184
Yeast	0.464
Water	5.600
<b>Total</b>	<b>15.472</b>

Dough temperature: 27°C (80°F.)  
Mixer type: Spiral/conventional mixer:  
2 minutes 30 seconds slow, 6 minutes fast or 20 minutes in a slow mixer

This recipe is HIGH in fibre, containing 6.70g of fibre per 100g\*

1. Mix all ingredients and rest covered for 10 minutes
2. Scale into large/small breads as required
3. Place on greased tins or on trays
4. Prove and bake

## PROVING, SCALING & BAKING

Proving temperature:	40°C / 70% RH
Proving time:	45-50 minutes
Baking temperature:	235°C (455°F.)
Baking time:	35-45 minutes (according to size)

\* 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.



**A  
High five To  
fibre!**  
High fibre products  
are classed as  
foods above 6g of  
fibre per 100g

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## SOFT WHOLEMEAL ROLLS

Ingredients	Kg
Millers Gold (6205-16)	16.000
Salt	0.320
Clean Label Multi - Purpose Improver (4283-12)	0.320
Shortening	0.800
Sugar	0.288
Yeast	0.800
Water (approx)	9.920
<b>Total</b>	<b>28.448</b>

Dough temperature: 27°C (80°F.)

Mixer type: Spiral/conventional mixer:  
2-3 minutes slow and 6-8 minutes fast

**This recipe  
is HIGH in fibre,  
containing  
6.16g of fibre per  
100g\***

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: 40°C / 70% RH

Proving time: 40-45 minutes

Baking temperature: 235°C (455°F.)

Baking time: 15-20 minutes (according to size)

## WHOLEMEAL CRUSTY BREAD

Ingredients	Kg
Millers Gold (6205-16)	16.000
Salt	0.256
Clean Label Multi - Purpose Improver (4283-12)	0.320
Shortening	0.160
Yeast	0.480
Water	10.240
<b>Total</b>	<b>27.456</b>

Dough temperature: 27°C (80°F.)

Mixer type:

Spiral: 2- 3minutes slow, 6-8 minutes fast

Upright: 2- 3minutes slow, 8-10 minutes fast

**This recipe  
is HIGH in fibre,  
containing  
6.08g of fibre per  
100g\***

1. Mix all ingredients to form a dough
2. Divide dough to required weights and mould round
3. Rest covered for 5-10 minutes before moulding to final shape (bloomer, cob tins) or process through bread plant
4. Dampen dough pieces and roll in Bakers Bran
5. Place onto prepared baking trays
6. Prove and bake

## PROVING, SCALING & BAKING

Proving temperature: 40°C / 70% RH

Proving time: 55-60 minutes

Baking temperature: 235°C (455°F.)

Baking time: 25-35 minutes (according to size)

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Our Multi-Seed Concentrate contains;  
Sun flower seeds  
Pumpkin seeds  
Wheat bran  
Lin seeds  
Oats



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## 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>

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

### 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>

### 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)

### 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>

**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)\***

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ADM offers a variety of flours and specialty milled products.  
Did you know.....  
This recipe brochure contains 9 different ADM products.

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## HIGH FIBRE BREAKFAST BREAD

Ingredients	Kg
Natures Gold (6155-16)	8.000
Pinhead oat	0.800
Rolled oats	0.560
Bakers Bran (95-20)	0.160
Salt	0.176
Clean Label Multi - Purpose Improver (4283-12)	0.160
Vegetable fat	0.120
Yeast	0.240
Water (approx)	6.320
<b>Total</b>	<b>16.536</b>

Dough temperature: 27°C (80°F.)

Mixer type

Spiral: 2-3 minutes slow and 6-8 minutes fast

Upright mixer: 2-3 minutes slow and 8-10 minutes fast

1. Mix all ingredients to form a dough
2. Divide to required weights
3. Mould round and rest for 10-15 minutes
4. Give final mould/shape
5. Dampen the dough pieces and roll in 50/50 oats and bran
6. Place on baking sheets or in tins as required
7. Prove and bake

This recipe is HIGH in fibre, containing 6.70g of fibre per 100g\*

## PROVING, SCALING & BAKING

Proof temperature:	50°C 80% humidity
Proof time:	50 minutes approx.
Bake temperature:	230°C (450°F.)
Baking time:	25-35 minutes (according to size)

## WHOLEMEAL TIN BREAD

Ingredients	Kg
Millers Gold (6205-16)	16.00
Salt	0.256
Clean Label Multi - Purpose Improver (4283-12)	0.320
Shortening	0.160
Yeast	0.480
Water	10.560
<b>Total</b>	<b>27.776</b>

Dough temperature: 27°C (80°F.)

Mixer type

Spiral: 2-3 minutes slow and 6-8 minutes fast

Upright mixer: 2-3 minutes slow and 8-10 minutes fast

1. Mix all ingredients to form a dough
2. Divide dough immediately into required size and mould round
3. Rest covered for 5-10 minutes and mould to final shape
4. Place into greased baking tins
5. Transfer into prover
6. Prove and bake

## PROVING, SCALING & BAKING

Proof temperature:	40°C 80% humidity
Proof time:	50-55 minutes approx.
Bake temperature:	235°C (455°F.)
Baking time:	25-35 minutes (according to size)

This recipe is HIGH in fibre, containing 6.01g of fibre per 100g\*

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These recipes can be found on [4flour.co.uk](http://4flour.co.uk) along with other specially crafted recipes for our product range

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## SWEDISH HIGH FIBRE BREAD

Ingredients	Kg
Harvest Sun (4248-16)	8.000
Natures Gold (6155-16)	8.000
Bakers Bran (95-20)	1.600
Salt	0.256
Shortening	0.320
Black treacle	0.200
Clean Label Multi - Purpose Improver (4283-12)	0.320
Yeast	0.640
Water	9.280
<b>Total</b>	<b>28.616</b>

Dough temperature: 27°C (80°F.)

Mixer type

Spiral: 2-3 minutes slow and 6-8 minutes fast

Upright mixer: 2-3 minutes slow and 8-10 minutes fast

1. Mix all ingredients to form a dough
2. Divide dough immediately after mixing
3. Rest covered for 10-15 minutes and mould into a baton shape
4. Roll dough pieces in cracked wheat
5. Place on lined baking sheet
6. Prove and bake

This recipe is HIGH in fibre, containing 6.34g of fibre per 100g\*

## PROVING, SCALING & BAKING

Proof temperature:	40°C 80% humidity
Proof time:	50-60 minutes approx.
Bake temperature:	235°C (455°F.)
Baking time:	30-35 minutes (according to size)

## 50/50 WHOLE WHITE BREAD

Ingredients	Kg
Stadium (6007-16)	8.000
Millers Gold (6205-16)	8.000
Salt	0.256
Shortening	0.320
Clean Label Multi - Purpose Improver (4283-12)	0.280
Yeast	0.480
Water (approx)	10.080
<b>Total</b>	<b>27.416</b>

Dough temperature: 27°C (80°F.)

Mixer type

Spiral: 2-3 minutes slow and 6-8 minutes fast

Upright mixer: 2-3 minutes slow and 8-10 minutes fast

1. Mix all ingredients to form a dough
2. Divide into required weights
3. Mould round and rest covered for 10-15 minutes
4. Give final mould and place into greased tins or as required on trays
5. Prove and bake

## PROVING, SCALING & BAKING

Proof temperature:	40°C 80% humidity
Proof time:	50-55 minutes approx.
Bake temperature:	235°C (455°F.)
Baking time:	25-35 minutes (according to size)

This recipe is a source of fibre, containing 4.34g of fibre per 100g\*

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