



“Gryczan” Buckwheat mix 50%

40-50%-basis for production of various types of buckwheat baked goods, as well rye, wheat and small batches. Seeds of buckwheat contain high-value protein with well-balanced composition of amino acids. Furthermore they are natural source of rutin reducing risk of infarct, thrombosis, stroke and improves state of varicose veins. Buckwheat groats is healthy and filling. Mixture contains buckwheat flour and grains of roasted buckwheat groats, thanks to this fact we obtain product with characteristic flavour and distinct smell of roasted buckwheat.

Proposition of recipe	Mixed mold bread	Mixed-buckwheat buckwheat bread	Rye-buckwheat bread
“Gryczan” Buckwheat mix	5,00 kg	5,00 kg	5,00 kg
Water to soaking mix	6,00 kg	5,50 kg	5,50 kg
Wheat flour type 550	1,50 kg	7,50 kg	2,50 kg
Rye flour type 720	3,50 kg	–	5,00 kg
Yeast	0,40 kg	0,50 kg	0,60 kg
Water	1,40 kg	0,80 kg	3,50 kg

Preparation:

- Soak 5kg of mixture GRYCZAN in given in recipe amount of water for 1 hour before making dough (temperature of soaked mix is about 30°C).
- After given time add remaining ingredients and mix.
- Time of mixing: 5 minutes slow turns and 3 minutes quick turns or 7 minutes slowly.
- Temperature of dough: 28°C.
- After making dough, divide dough for bread into bites using water (not flour). Adjust weighted portion of bites for moulds used in workplace. Put bites of dough into mould, smooth top with wet hand and sprinkle rye flour or decorative mixture.
- Expose bites of dough in mould to full expansion for about 30-40 minutes. Baking: 60 minutes at initial temperature 240°C falling to 180°C. After baking steam baking chamber. After about 7-10 minutes drain steam from baking chamber.
- In case of dough for rolls, divide into parts with mass 2.40 kg and put away for rest for 15 minutes. After this time divide rolls on divider, round off or not and coat with decorative sprinkles. Put away until full expansion for 30-40 minutes.
- Baking: 18-20 minutes, initially in atmosphere of technological steam at temperature 230°C falling to 200°C.