


Sandwich white bread

Cuisine: **Czech**
Food category: **Pastry**



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Program steps


Preheating:


205 °C


1


 Combination


 50 %

 Termination by time

 00:30 hh:mm

 175 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
plain wheat flour	350	g
plain wheat flour	150	g
salt	24	g
caster sugar	15	g
fresh yeast	21	g
water	270	g
pork lard	30	g

Nutrition and allergens	
Allergens: 1 Minerals: Ca, Co, Cu, Fe, I, K, Mg, Mn, Na, P, Zn Vitamins: A, C, E	
Nutritional value of one portion	Value
Energy	211.8 kJ
Carbohydrate	38 g
Fat	4 g
Protein	5.5 g
Water	0 g

Directions

Crumble the yeast into a bowl, sprinkle with sugar and cover with lukewarm water. We let it come out. Then sprinkle with wholemeal flour, add salt, lard and make a soft, elastic dough.


Covered with a tea towel, leave to rise for about 45 minutes.

Cut the dough in half. Roll each half into a rectangle and roll tightly. Transfer to a tray lined with baking paper, cover and leave to rise again for 45 minutes.

We can shorten the rising time by using a convection oven as a proofer.

After rising, bake until golden brown.

Recommended accessories



Enameled GN container