

# Sandwich white bread

Cuisine: **Czech**Food category: **Pastry**Author: **Vlastimil Jaša**Company: **Retigo**

## Program steps

Preheating: 205 °C

1	Combination	50 %	Termination by time	00:30 hh:mm	175 °C	100 %	
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## 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

In a bowl, crumble the yeast, sprinkle with sugar, and pour in warm water. Let it rise.

Then sprinkle with whole grain flour, add salt, lard, and knead into a soft, elastic dough.

Cover with a cloth and let it rise for about 45 minutes.

Roll out the dough. Roll each half into a rectangle and tightly roll it up. Transfer to a baking sheet lined with baking paper, cover, and let it rise again for 45 minutes.

We can shorten the rising time by using a combi steamer as a proofer.

After rising, bake until golden.

## Recommended accessories



Enameled GN  
container