

# 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 %

## 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 proofers.

After rising, bake until golden brown.

## Recommended accessories



Enameled GN container