


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
ointment	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