

ORGANIC WHOLE WHEAT FLAX AND HONEY BREAD

- PREP TIME:** 10 MINUTES
- TOTAL TIME:** 40 MINUTES
- YIELD:** 16 loaves at 540 grams (19 oz) each
- SERVING SIZE:** 2 slices (75 grams)
- ALLERGENS:** Wheat



Ingredients:

Volume	Ingredient	Weight (grams)	Bakers %
40 cup	Organic Whole Wheat Flour	5000	100
2 cup	Organic Ground Flax Seed	250	5
1 ¼ cups	Organic Unpasteurized Honey	150	3
2 ½ cups	Organic Salt	300	6
½ cup	Instant Yeast	55	1.1
2 cups	Filtered Water	250	5
	Total	6,005	120.1

Please note: the nutritional information provided is preliminary and for the presented product only. Nutritional facts are subject to change based on the final working formula. The nutritional information contained herein is, to the best of our knowledge, correct. It is the user's responsibility to comply with the appropriate government standards and requirements for nutritional labeling. No warranties, expressed or implied, are made.

Directions:

1. Place water, ground flax, salt and honey in a mixer bowl and dissolve together, then add flour and yeast.
2. Mix 2 minutes on 1st speed, then 10 to 12 minutes on 2nd speed.
3. Dough should be 26-27C (80-82F).
4. Rest in bulk, covered, for 45 minutes.
5. Punch down and scale at 540g (19oz).
6. Round and rest for 20 minutes.
7. Form into loaves approx. 20cm (8 inches) in length.
8. Place 3 loaves on each perforated pan.
9. Proof for approx. 45 minutes.
10. Score top of loaves with 4 cuts diagonally.
11. Bake at 400F for 30 minutes with 10 seconds of steam.

NOTE: These directions are to be used as a guide only. Changes may be made necessary to suit shop conditions or finished product standards. Use organic inclusions in place of non-organic where possible.

For more information, please contact us at 888-295-9470 or visit ardentmills.ca

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