

Wholemeal Hamburger Bun



Ingredient	%	Batch Weight
Bran coarse	12,5	0.125 kg
Bran fine	12,5	0.125 kg
Wheat Flour	75	0.750 kg
Salt	2	0,020 kg
Sugar	3	0,030 kg
Vegetable oil	6	0,060 kg
VX Star	0,8	0.008 kg
Dry Yeast	1	0,010 kg
Water (approx)	70	0.700 kg



Preparation Instructions

1. Place all ingredients into a mixer and mix on slow speed for 3 minutes and then 6 + minutes on fast. Dough Temperature 26 – 28 °C.
2. Once the dough is fully developed, place it into a lightly oiled container and cover with plastic. Rest for 20 minutes.
3. Roll out dough with the dough sheeter to a thickness of around 6-7 mm.
4. Then cut into rectangular shape size 8 x16 cm
5. Place on the pieces on a tray
6. Proof at for 40 – 50 minutes.
7. Remove from the proofer

Baking instructions

1. Place into a preheated oven set at 240°C with steam
2. Bake for a total of 12 – 13 min minutes

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