

## High Fiber Whole Wheat Bread\* with Hi-maize®

Ingredient	Bakers %	True %
<b>SPONGE</b>		
Flour, Coarse Whole Wheat	44.40	23.42
<b>Hi-maize® 260 or Hi-maize® 1043**</b>	<b>15.60</b>	<b>8.22</b>
Compressed Yeast	2.50	1.32
Vital Wheat Gluten	10.00	5.27
Sodium Stearoyl Lactylate	0.50	0.26
Mineral Yeast Food, No Oxid.	0.50	0.26
Water	55.00	29.00
<b>DOUGH</b>		
Flour, Fine Whole Wheat	23.40	12.35
<b>Hi-maize® 260 or Hi-maize® 1043**</b>	<b>6.60</b>	<b>3.48</b>
Compressed Yeast	1.00	0.53
Shortening, Un-emulsified	3.00	1.58
Salt	2.00	1.05
Granulated Sugar	6.40	3.37
Ethoxylated Monoglyceride	0.50	0.26
Ascorbic Acid	60ppm	--
Calcium Propionate	0.25	0.13
Water	18.00	9.50
<b>Total</b>	<b>189.65</b>	<b>100.00</b>

\* Formula developed by the American Institute of Baking International

\*\* Hi-maize 1043 and Hi-maize 260 are nutritionally equivalent high amylose resistant starches; availability of each product is region specific.

Provides approximately 12 grams of dietary fiber per 100 gram serving of bread

### PREPARATION:

#### SPONGE

1. Mix dry ingredients on low speed for 30 seconds and then add yeast to the mix. On low speed, mix for another 30 seconds.
2. Add water and mix for on low speed for 1 minute; then 1.5 minutes on medium speed.
3. Transfer into a greased bowl, turning once to coat both sides of sponge dough. Take temperature.
4. Ferment at 28.8°C for 2.5-3 hours.

#### DOUGH

1. Using a dough hook; mix the dough ingredients on low speed for 2 minutes. Add the sponge and mix for 4 minutes on high. Ferment 30 minutes at 28.8°C.
2. Scale out the dough pieces to approximately 524 grams each.
3. Mold each piece of dough and place into a loaf pan.
4. Proof at around 37.8°C and 80% Relative Humidity (RH) for 60-80 minutes.
5. Bake for 20-22 minutes at 215°C in a rotating, convention oven.