

CAFÉ SALTED BREAD

KNOW THE RECIPES OF BRAZIL



CAFÉ SALTED BREAD

The table of ingredients is at the bottom.

- Weigh all the ingredients of the formulation.
- To put the ingredients in the kneading through.
- Mix for 1 minute at slow speed
- Add the remaining ingredients.
- Mix for 2 minutes at slow speed
- Mix for 8 minutes on fast speed or to form the point of veil.
- Split (divide) the mass in 11 parts of 325g
- Round it. Leave to rest for 30 minutes.
- Shape it. Leave to fermentation for 50 minutes in temperature of 33°C to 85 % of humidity.
- Roast in temperature of 210°C for approximately 25 minutes (without steam).

MASS INGREDIENTS

CAFÉ SALTED BREAD

INGREDIENTS	QUANTITY (g)	PERCENTAGE (%)
Wheat flour (W 280)	2,000	100
Instant dry yeast	30	1,5
Sugar	40	2
Improver	20	1
Water	900	45
Powder milk	120	5
Instant coffe	20	1
Salt	50	2,5
Margarine (without salt)	180	9
Lecithin	40	2
Eggs	200	10
Barley	20	1

NUTRICIONAL INFORMATION		
QUANTITY FOR PORTION		% VD(*)
Caloric value	160kcal	8%
Carbohydrates	24g	8%
Proteins	4g	5%
Total Fats	4,5g	8%
Full Fats	1g	5%
Cholesterol	15mg	5%
Dietary Fiber alimenticias	< 1g	2%
Calcium	18mg	2%
Iron	1,5mg	11%
Sodium	240mg	10%

