
FRUIT BREAD USING EXAKT ZEST

Recipe

	kg	grms	lbs	ozs	%
Flour (bakers)	32	000	70	00	100
Exakt Zest	6	400	14	00	20
Yeast	1	600	3	08	5
Water +/-	17	920	39	00	56
Sultanas	9	600	21	00	30
Currants	8	000	18	00	25
Peel	1	600	3	00	5

Method

- > Mix flour, Exakt Zest, Yeast and water on slow speed for 2 minutes, then 6 minutes on fast speed using spiral mixer. Mix into well developed dough
 - > Gently add the fruit (if fruit is soaked one day prior it improves the flavour and softness of the bread)
 - > Dough temperature: 27° - 28°C (80° - 82°F)
 - > Scale at: 450 grms
 - > Mould round
 - > Intermediate proof: 5 minutes +/-
 - > Final mould
 - > Final proof 45 - 50 minutes
 - > Proof temperature: 30°C
 - > Relative humidity: 80°C
 - > Bake temperature: 220°C (430°F)
 - > Bake time: 20 minutes
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