

Australian Grain Blend

Australian Grain Blend is a blend of 7 different grains which have been selected for their flavour and texture. It is suitable for adding to grain breads and rolls

Ingredients

Kibble Wheat, Kibble Rye, Linseed, Kibble Triticale, Kibble Soy, Malted Wheat Flakes, Sunflower Kernal.

Nutritional Information

Serving size	40g (1/3 cup)	
	Average quantity per serving	Average quantity per 100g
Energy	626kJ	1566kJ
Protein	7.0g	17.6g
Fat total	5.4g	13.5g
- saturated	Less than 1g	Less than 1g
Carbohydrate	20.9g	52.5g
- sugars	Less than 1g	Less than 1g
Dietary Fibre	5.5g	13.7g
Sodium	6.6mg	16.5mg

Basic Recipe

By varying the method of manufacture and Cummins Grain Blend proportions distinctly different breads can be made. We suggest the following procedures as examples

- use 25% Cummins Grain Blend added directly to the dough.
- use 25% Cummins Grain Blend pre-soaked for 2 -10 Hours.

High quality grain breads can be produced by following the procedure below.

	25% Cummins Grain Blend
Cummins Milling Bakers Flour	75,000
Cummins Grain Blend	25,000
Salt	2,000
Improver	As required
Dry Gluten	5,000
Fat or Oil	1,000
Yeast – (compressed	4,500
Water	66,000
Mix dough until well developed	
Finished dough temperature	28°C-30°C
Floor time:	10-15 minutes
Tin proof time:	40-45 minutes

Cummins Milling

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Storage instructions

Store in a cool, dry place

Packaging

Provided in a white multiwall paper bag.

Code & Size

Flour113	12.5kg
Flour114	3kg