

HOW TO MAKE

Sourdough Ancient Multigrain

MADE WITH

Original Durum, BP Ancient
Variety Grains, BP Grain
Topper

ITEM NUMBER

#20023, #40233, #40224

DESCRIPTION

Hearty artisan multigrain made with ancient grains and finished with robust grain topping

INGREDIENTS

Original Durum: Wheat Flour, Vital Wheat Gluten, Yeast Extract, Fermented Durum Flour, Dried Rye Sour, Contains 2% or less of: Enzymes, Ascorbic Acid.

BP Ancient Variety Grains: Rolled Oats, Sunflower Seeds, Flax Seeds, Millet, Buckwheat, Einkorn Wheat Berries, Chia Seeds

BP Grain Topper: Oats, Sunflower Seeds, Flax Seeds, Millet



RECIPE

DOUGH

High Gluten Flour	100%
Water	63%
Original Durum	4%
Salt	2%
BP Ancient and Modern Grain Blend	30%
Fresh Yeast	2%

Total **201%**

DIRECTIONS

- Mix 4 minutes Low 6 minutes High
- Dough Temp 75°F
- Divide dough immediately
- Scale and Round
- Intermediate Proof 5-15 Min
- Mould into desired shape
- Roll loaves with BP Grain Topper
- Proof 60 minutes
- Bake at 420°F with steam 25 minutes

