

GRAINS & GRAIN BLENDS, GRAINS & MEALS

BANANA & MUESLI ROLLS

These banana and muesli rolls make the perfect snack for sharing, from our Grains & Meals range!

INGREDIENTS

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WEIGHT

GROUP 1

Mauri Seven Grain and Seed

0.750kg

Honey

0.100kg

GROUP 2

Mauri Victory Premium Bakers Flour

3.750kg

Mauri Harvest Meal Premix

0.500kg

Mauri All Purpose Improver

0.050kg

Salt

0.100kg

Canola Oil

0.100kg

Mauri Instant Dried Yeast

0.075kg

Water

3.250kg

GROUP 3

Diced Banana

1.000kg

Sunflower Seeds

For topping

METHOD

STEP 1

Combine the Mauri Seven Grain and Seed with the honey on a baking tray.

STEP 2

Roast at 200°C for 5-10 minutes or until the grains and seeds are lightly toasted and golden.

STEP 3

Mix and develop all the ingredients in Group 1 and 2 for 2 minutes on first speed, followed by 5-7 minutes on second speed or until the dough reaches peak development.

STEP 4

Add the banana and fold through on first speed to evenly distribute throughout the dough.

STEP 5

Finished dough temperature should be about 28°C +/- 1°C.

STEP 6

Scale the dough into 350g pieces and round up. Cover and allow to rest for 5 minutes.

STEP 7

Using the rolling pin, sheet each dough piece out into ~20cm rounds.

STEP 8

Dip each round into sunflower kernels and use a scraper to cut the dough piece into 8 equal triangular portions prior to proving.

STEP 9

Prove for approximately 45 minutes (or until optimal proof height is reached) at 38°C and 80% RH.

STEP 10

Bake at 200°C with steam at the beginning of baking until the product is baked through.

These instructions may vary depending on manufacturer's premises and equipment used.

Product is best enjoyed fresh on the day of bake. Storage temperature: ambient below 25°C.