

# Whole Grain Marathon

Whole Grain Marathon Mix	0 g
Compressed Yeast	0 g
Water 65F (+/-)	0 g
Total	0 g

## Method of use:

### Instructions

Mix all Ingredients

using a Spiral Mixer

8 minutes in Slow Speed, then 2-3 minutes in Fast Speed.

Or Mix all Ingredients

using a 4 Speed Mixer

10-12 minutes in 2nd Speed, then 2-3 minutes in 3rd Speed.

Dough Temperature 78°-80°F.

Rest Dough 10-15 minutes.

Make-Up Form into loaves and roll in sunflower seeds.

Proof 45 minutes.

Bake with Steam 400°F for 35-40 minutes.



*Bake the best with something good!*



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