

GRAINS & GRAIN BLENDS, GRAINS & MEALS

SUMMER PICNIC RECIPE

With summer fast approaching, we wanted to share the below recipe to provide inspiration for your summer baking! Perfect for sharing while down at the beach, or to take to a picnic.

INGREDIENTS

INGREDIENTS	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

BANANA & MUESLI ROLLS

STEP 01

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

STEP 02

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

STEP 03

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 04

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

STEP 05

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

STEP 06

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

STEP 07

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

STEP 08

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

STEP 09

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.

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