

GRAINS & GRAIN BLENDS, GRAINS & MEALS

BANANA & MUSELI ROLLS

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

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

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.