



## Cal – Vital Toast

Vital Toast is a light Toast bread using Cal Vital Mix- a bread mix out of our Range for bread with positive influence on a Healthy nutrition. Cal Vital is a bread mix enriched with Calcium coming from real milk and natural Vitamin E coming from sunflower kernels. These are supporting the bone structure and cell resistance. A new taste experience by supporting your health.

Ingredients	%	Batch Weight
Wheat flour	100	1.000 kg
Salt	1,8	0.018 kg
Dried Yeast or	1	0.010 kg
Fresh Yeast	3	0.030 kg
Water (variable)	60	0.600 kg
<b>Meisterback Margarine</b>	<b>3</b>	<b>0.030 kg</b>
Sugar	2	0.020 kg
<b>VX2 – T</b>	<b>1</b>	<b>0.010 kg</b>
<b><u>Soak dough</u></b>		
<b>Cal-Vital</b>	<b>19</b>	<b>0,190 kg</b>
Water	12	0,120 kg



### Preparation Instructions

1. Make a soak dough and let soak for about 30min
2. Place all ingredients in a mixer and mix slow 3min and then 6+ minutes on high speed
3. After 2 minutes slow speed give also the soak dough into the mixer
4. Make sure that the dough is well mixed and developed -best in a spiral or high Speed mixer .The dough has to be slightly over mixed (the dough looks shiny and is easy stretchable)
5. Dough temperature: 26°C – 28°C
6. take the dough out of the mixer and scale it ,directly
7. Mould the dough pieces round and then straight long and put them into the thins
8. Proofing time: 30 – 40 minutes
9. Remove from the proofer

### Baking Instructions

1. Place into a preheated oven set at 230°C with steam
2. Bake for a total of 30 – 40 minutes reducing the heat to 200°C after 10 minutes