

## Healthy Multi-seed Bread

*By: Executive Chef  
Maison Du Suchön*



### YIELD:

One Loaf

### INGREDIENTS:

500 g Maison Du SUCHÖN – Healthy Multi-seed Mix  
265 g Water  
10 g Instant Yeast

### PREPARATION:

- Using a Spiral Mixer mix all ingredients at slow speed for 3 mins.
- Then shift to high speed and continue mixing for 6 mins.
- Then give floor time of 10 mins.
- Using a dough moulder shape the bread in desired shape and put it in a bread pan.
- Proof the bread for 60-90 mins at 25°C with 80% humidity.
- Bake the bread for 20 mins at 220°C preferably with steam