



Bagel with Meripro® 500 & Amygluten® High protein



Method

- Blend all powder ingredients into an homogenous premix.
- Put into mixer bowl (spiral mixer VMI SPi11) water (Reference T°c = 55°c), then the powder premix and y easts.
- Start mixing at low speed during 3min, then kneading at high speed during 1min. Add butter and continue kneading at high speed for 1min30s.
- Let dough rest during 10min at ambient T°c under a plastic sheet.
- Divide and round dough pieces. Shape the dough pieces as bagel dough rings.
- Prove during 20min at 30°c/85% RH into a prover.
- Cooked during 1min30s each side into boiling water.
- Bake during 25min at 220°c.
- Let cool during 1h before packing.

Recipe

	% by weight
Amygluten®	4.7
Meripro® 500	6.8
Whey protein concentrate CARBELAC60 (Carbery)	4.7
Wheat flour (common pastry flour T45)	45.3
Salt	0.91
Colza oil	0.91
Sucrose	1.36
Fresh compressed yeasts	2.72
Water	32.6

Meripro® 500

- » Hydrolysed wheat protein
- » Highly soluble
- » Highly digestible

Amygluten®

- » Vital wheat gluten
- » Improves loaf volume, dough rheology and brings structure

A bread formulation with a High protein content

- » Complementary amino acid composition
- » “ High protein ” labelling
- » Allowed generic health claims:
“Proteins contribute to the maintenance of bone”
“Proteins contribute to the growth or maintenance of muscle mass”

Nutrition facts

	/100 g
Energy (kJ / kcal)	1105 / 264.7
Protein (g)	21
Energy coming from protein (%)	29.4
Carbohydrate (g)	41.2
of which sugars (g)	4.9
Fat (g)	2.4
Fibre (g)	1.8
Sodium (g)	1.1

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