

Whole Wheat Bread with Avocado Filling



PT MANUNGGA PERKASA

Ingredients:

1. KANTIL wheat flour – 700 g
2. Whole wheat – 300 g
3. Yeast – 20 g
4. Salt – 10 g
5. Granulated sugar – 250 g
6. Margarine – 20 g
7. Milk powder – 50 g
8. Butter – 75 g
9. Margarine – 75 g
10. Whole eggs – 2
11. Egg yolks – 3
12. Bread improver – 5 g
13. Fresh milk – 100 ml
14. Water – ±300 ml

• Filling ingredients (cook until thick):

1. Avocado, scooped – 500 g
2. Granulated sugar – 250 g
3. Fresh milk – 100 ml



Additional ingredients:

- Oatmeal – as needed
- Egg (for egg wash) – as needed
- Raisins – as needed

How to Make :

1. Soak the whole wheat in ±300 ml of water for 1 hour to soften the texture.
2. Mix all dry ingredients until well combined. Add eggs and water, mix well, then add the soaked whole wheat. Knead until half elastic.
3. Add margarine and butter, then salt. Continue kneading until the dough becomes smooth and elastic.
4. Remove from the mixer, round the dough, rest for a while, then divide into 40 g portions.
5. Fill each portion with avocado filling and shape it like a teddy bear. Proof in a proofer box until the dough rises.
6. Before baking, brush with egg wash, sprinkle with oatmeal, and decorate the eyes and nose with raisins.
7. Bake for 15 minutes at 200°C until golden brown and cooked through.

Yield: 45 pieces.

**Recommended flour
to use**

Cita Rasa Pangan Berkualitas

