



Bakels Pau Mix

Overview

For the preparation of steam pau.



Storage

Cool and dry conditions $18 \pm 2^{\circ}\text{C}$



Shelf Life

365 days



Type

Pail



Allergens

Wheat, Wheat Products, Soy, Soy Products



Category

[Breads, Rolls & Pastry](#), [Steam Bun](#)



Finished Product

[Steam Pau](#)



Brands

[Bakels](#)

Ingredients

Wheat Flour, Sugar, Vegetable Fats & Oils (Palm Based), Leavening Agents (E500, E541, E341), Permitted Emulsifiers (E472(e), E322, E471)

Packaging

Code	Size	Type	Palletisation
3724	10 KG	Pail	





Ingredients

Group 1	
Ingredient	KG
BAKELS PAU MIX	0.500
BAKELS INSTANT ACTIVE DRIED YEAST	0.005
Water (variable)	0.190
Total Weight: 0.695	

1. Mix Group 1 for 3 minutes at speed 1 2. Further mix for 12 - 13 minutes until the dough is well developed. 3. Allow dough to rest for 60 minutes OR till the dough double size. 4. Roll and fold OR alternatively remix for 2 + 7 minutes to de-gas purposes (smooth dough shall be obtained) 5. Scale and mould the dough 60g each. 6. Rest for 10minutes. 7. Prove the dough for 45minutes at 37°C and humidity 75. 8. Steam for 11-12minutes.

Nutritional Information

Type	Value
Energy (Kcal)	368
Energy (kJ)	1540
Protein (g)	8.2
Fat (g)	6.8
Fat (of which saturates)(g)	3.2
Carbohydrate (g)	75.3
Carbohydrate (of which sugars)(g)	16
Sodium (mg)	74