

s 2020 0095

The invention relates to the flour-grinding and baking industry and can be used in the production of functional foodstuffs, namely in the production of bakery products, especially bread with high content of dietary fibers with addition of flaxseed flour.

The process for producing functional bread, according to the invention, comprises preparing the dough by the direct method of wheat flour, fat-free flaxseed flour, yeast, sugar, salt and water, fermenting the dough for 60 minutes, portioning and shaping it, secondly fermenting at a temperature of 37...40°C, air relative humidity of 70...85%, for 30 min, and baking at a temperature of 180...190°C, for 30...40 min, at the same time the dry components are taken in the following ratio, in wt.%: wheat flour 73.5... 87.0, fat-free flaxseed flour with a fat content of not more than 5% 5.8...19.3, sugar 5.0, salt 1.3 and yeast 0.9.

Claims: 1