

s 2021 0035

The invention relates to the baking industry and can be used in the production of functional food products, namely in the production of achloride bakery products, in particular sticks (grissini) without salt.

The method, according to the invention, comprises mixing wheat flour with sugar and active dry yeast, adding the heated liquid phase and kneading the dough for 5 min, adding sunflower oil and kneading the dough for 2-3 min, fermenting it at a temperature of 28-30°C for 30 min, molding the dough into bars of a thickness of 5-7 mm and a length of 20-25 cm and finally fermenting for 20-30 min, brushing their surface with egg, sprinkling with sunflower seeds and baking at a temperature of 220°C for 20 min.

At the same time, as liquid phase is used kefir or whey, or kvass from bran, and the components are taken in the following ratio, in wt.%: wheat flour 38.0-41.2, liquid phase 26.8-32.3, active dry yeast 0.7-0.8, sugar 0.3-0.4, sunflower oil 1.9-2.1, sunflower seeds 19.0-20.2 and chicken egg 7.6-8.2.

Claims: 1