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The invention refers to the food industry, namely, to bread-making.

Summary of the invention consists in, that the composition contains shelled wheat, salt, pressed yeast, liquid phase. It is used whey as liquid phase.

The process foresees wetting, shelling, soaking in the water, milling of wheat, making dough of the milled wheat mass. Salt, yeast, whey are added to the dough. Thereafter the prepared dough is fermented. After fermentation the dough is cut, left for the second fermentation and baked in the form of semi-products. The novelty consists in, that the wheat shelling is realized by removing 30...45% of the shells. It is used wheat of IVth and Vth classes.

The result consists in producing bread of the whole wheat grain with highly biologic and nutritive efficiency and in increasing the storage term.