OKANAGAN

EST. 1994

FROZEN DOUGH

Sourdough Bun

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Product Code:
OK809 Sourdough Bun

The delicious taste of California sourdough in a bun. The unique sour taste and crusty appearance make it popular choice for use in delis and restaurants. It can also be found in pantries and breadboxes at home, too. Ideal for making smaller-sized sandwiches. Great on its own toasted and doubles beautifully as a complement to soups and sides. No trans fats. Sustainably made from wholesome ingredients.

INGREDIENTS LIST

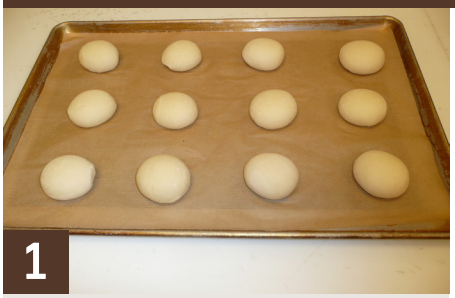
Wheat Flour, Water, Dried Sourdough (Wheat Flour, Salt, Fumaric Acid, Sunflower Oil, Sodium Diacetate, Lactic Acid, Modified Palm Oil, Silicon Dioxide, Ascorbic Acid, L-cysteine Hydrochloride, Amylase), Yeast, Wheat Gluten, Light Rye Flour, Soy Lecithin, Improver (Wheat Flour, Ascorbic Acid, Xylanase, Lipase, Soya Oil, Amylase)

Nutritional Information (Baked)

Nutritional Facts	Amounts Per 1 Bun (69g)	% Daily Value
Calories	240	
Fat	1.5g	2%
Saturated	0g	
+Trans	0g	0%
Carbohydrate	44g	15%
Fibre	2g	9%
Sugars	2g	2%
Protein	10g	
Cholesterol	0mg	
Sodium	440mg	19%
Potassium	75mg	2%
Calcium	10mg	1%
Iron	3mg	16%

Handling Instructions

Note: Times and temperatures are a guideline only, specific shop conditions & equipment may vary results.



BREAKOUT & THAW

Break product out onto flat baking pans lined with parchment paper. Space 12 buns (3 x 4) on baking sheet. Remember to keep belt mark of bun down. Cover rack and put in retarder or cooler overnight to thaw.

MORNING

Remove rack from retarder, remove plastic cover and put back into proofer or keep plastic cover on if floor proofing product until space is available in proofer. Proof until product is about 2 - 3 times its original size. This should take approximately 60 minutes.

BAKE TIME

TOPPING & SCORING: After proofing dust the top of each bun with white flour. Score each bun twice, side by each, across top of bun.
Bake at 350˚ - 400˚F for 15 - 20 minutes. When bake cycle is complete remove from oven and let product completely cool before packaging.