

EPIC BITE

Commercial Bread & Gourmet Spiral Naan Guide

1. Commercial Sandwich Bread (400g Loaf)

INGREDIENTS

Ingredient	Quantity	Notes
Maida	250 g	High protein / Bread flour
Water (Chilled)	155 ml	Maintains dough temperature
Sugar	15 g	Crust color & fermentation
Instant Dry Yeast	4 g	Essential rising agent
Salt	5 g	Flavor & gluten control
Gluten	5 g	For professional volume
Bread Improver	2 g	Uniform crumb texture
Butter / Oil	15 g	Softness & shelf-life

METHOD

- Mixing:** Combine Maida, Gluten, Improver, and Yeast. Dissolve sugar in chilled water and add to the dry mix.
- Kneading:** Add salt and butter. Knead for 10-15 minutes until the dough passes the *Windowpane Test* (stretches thin without breaking).
- First Proofing:** Let the dough rest in a greased bowl until it doubles in size (approx. 30-40 mins).
- Shaping:** Degas the dough and roll tightly into a log. Place in a greased loaf tin.

5. **Second Proofing:** Let the dough rise in the tin until it reaches 80% height.
6. **Baking:** Bake in a preheated OTG at 180°C for 25-30 mins with a steam bowl inside.
7. **Finishing:** Brush with butter immediately and wrap in a damp cloth for 15 minutes.

Cheesy Masala Spiral Bread Naan

INGREDIENTS

Category	Ingredient	Quantity
Dough Base	Maida	500 g
	Water or Milk	300 ml
	Butter (Melted)	40 g
	Sugar	25 g
	Yeast	8 g
	Salt	8 g
Filling	Masala Butter	Butter + Peri-Peri/Kitchen King
	Cheese	Mozzarella or Processed
Garnish	Topping	Kalonji & Fresh Coriander

METHOD

- Dough Prep:** Prepare a soft enriched dough using the same kneading technique. Let it rise once until doubled.
- Rolling:** Roll the dough into a large rectangle (approx. 6mm thick) on a floured surface.
- Layering:** Spread Masala Butter evenly. Sprinkle a generous amount of cheese and fresh coriander.
- Spiral Shaping:** Roll into a tight log. Place in a greased round tin, coiling it from the center outwards to create a spiral design.
- Final Rise:** Rest for 20 minutes. Brush with milk/egg wash for shine.

6. **Baking:** Bake in a preheated OTG at 180°C for 20-25 mins until golden and bubbling.
7. **Final Touch:** Brush with Garlic Butter immediately after baking for restaurant-style aroma.

Pro-Tip: Use the "Divide by 4" rule for any tin size:

Dough Weight = (Length × Width × Height) ÷ 4