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McDougalls Bap Mix - Information

Soft Bap Mix

TFS Product Code: 030254
Suppliers Product Code:
Information Last Updated: 29/04/2024
Date Produced: 11/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	392.00
Energy (kJ)	1658.00
Protein (g)	9.40
Carb (g)	73.30
Of Which Sugars (g)	5.90
Fat (g)	5.60
Of Which Saturates (g)	2.10
Fibre (g)	5.60
Salt (g)	1.04

Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), Dried Yeast, WHEAT Fibre, Salt, Calcium Carbonate, Emulsifier (Sorbitan Monostearate), Flour Treatment Agents (Ascorbic Acid, Alpha Amylase, Glucose Oxidase, Lipase, Xylanase), WHEAT Starch.

Handling Information

Directions for Use

Yield Guide Dry Mix - 1kg / Whole Bag 3.5kg Approx water -650ml / 2.25L Approx portions (57g) -28/100 1. Place the McDougalls Soft Bap Mix into a bowl fitted with a dough hook attachment. 2. Blend in nearly all the warm (30°C/86°F) water. Using a dough hook mix on a SLOW speed for 1 minute. Continue to mix for 6 minutes on MEDIUM speed adding the remaining water a little at a time ensuring the dough is kneaded and stretched thoroughly during mixing (you may not need to add all the water). 3. Form portions into bap shape. Place dough on a greased baking tray. Leave to prove in a warm place until the dough has risen and doubled in size (see notes, useful hints and tips). Bake rolls for 10-15 minutes in a pre-heated oven at 200°C/425°F/Gas Mark 7. For fan assisted ovens bake at 180°C/400°F.

Storage Instructions

Store in a cool dry place.

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