

Application Recipe

Chia Seed Mantou (Steamed Bread)

A healthier take on traditional steamed bread that contains dietary fiber and reduced sugar levels



Featured Ingredients

- Beneo Orafti® HP
- Palsgaard® DMG 5611
- Benexia® Black Chia

Key Benefits

Reduced sugar, source of fiber

INGREDIENTS	CONTROL (%)	TEST RECIPE (%)
Wheat flour (Protein 7.2-8.2%)	56.78	53.90
Water	24.98	28.60
<i>Orafti® HP - BENE0</i>	-	4.46
Sugar	11.36	6.33
Corn oil	4.16	3.95
Whole milk powder	1.70	1.62
Baking powder	0.57	0.54
Instant dry yeast	0.45	0.43
<i>Palsgaard® DMG 5611 - Palsgaard</i>	-	0.17
<i>Benexia® Black Chia</i>	-	1.50
TOTAL	100.00	100.00

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Procedure

1. Mixing: Combine all ingredients at slow speed (except oil), add in oil, and continue mix at high speed until smooth dough form.
2. Moulding and rolling: Roll the dough into thin sheet, make into a roll and roll to diameter approx. 1.8 cm (may use sheeter to assist sheeting, if available)
3. Shaping: Press the roll to flatten slightly, cut into square shape.
4. Proofing: 30 °C for 45min or till size will be 1.5-2 times increase.
5. Steaming: 12 min
6. Cooling and packing
7. Store and handling: Store at or below -18 °C. Keep frozen. Do not refreeze once thawed.

Reheating Instructions: Steam for 4 min. Cook from frozen.

Featured Ingredients

Beneo Orafiti®HP

Nutritional Benefits

- Plant-based ingredient from chicory root
- Close the fiber gap: Prebiotic dietary fibers
- Promote digestive health: Improved intestinal flora balance
- Support in blood glucose management
- Reduce overall calorie intake: Weight management

Technical Benefits

- Better texture, creaminess & mouthfeel
- Pleasant texture & taste
- Sugar reduction

Palsgaard® DMG 5611 - Emulsifier

Technical Benefits

- Provide emulsifying property
- Prolonged shelf life & cost reductions
- Provides finer & regular crumb structure with higher volume (for bakery products)
- Easy handling & premixing
- Decrease the surface tension during the cold preparation (for ice cream products)

Benexia® Black Chia

Nutritional Benefits

- Rich source of omega -3 Fatty Acids
- High in fiber
- Contain protein, antioxidant and minerals
- Low calory

Technical Benefits

- Texture Enhancement: When used in recipes, they can add a pleasant crunch or a gel-like consistency, depending on the preparation method.
- Gluten-Free and Allergen-Free

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Nutritional Information (Estimated calculation)

Control

Nutrition Facts		
Portion Size	50 g	
Amount Per Portion	148	
Calories		
	% Daily Value *	
Total Fat	2.6 g	3 %
Saturated Fat	0.5 g	2 %
Cholesterol	0.5 mg	0 %
Sodium	32 mg	1 %
Total Carbohydrate	28 g	10 %
Dietary Fiber	0.5 g	2 %
Sugar	6.1 g	
Protein	2.6 g	5 %
Vitamin D	0 mcg	0 %
Calcium	13 mg	1 %
Iron	2.1 mcg	12 %
Potassium	32 mg	1 %
* Percent Thai Recommended Daily Intake for population over 6 years of age are based on 2,000 kcal diet.		

Treatment

Nutrition Facts		
Portion Size	50 g	
Amount Per Portion	138	
Calories		
	% Daily Value *	
Total Fat	2.6 g	3 %
Saturated Fat	0.4 g	2 %
Cholesterol	0.5 mg	0 %
Sodium	31 mg	1 %
Total Carbohydrate	27 g	10 %
Dietary Fiber	2.8 g	10 %
Sugar	3.6 g	
Protein	2.6 g	5 %
Vitamin D	0 mcg	0 %
Calcium	14 mg	1 %
Iron	2 mcg	11 %
Potassium	32 mg	1 %
* Percent Thai Recommended Daily Intake for population over 6 years of age are based on 2,000 kcal diet.		