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Usage: in food production, particulary in baking of bread, and producing of bread and bakery from corn in order to accelerate the way by shortening the date of paste ripening and improvement of its consumption properties.

The suject matter of the invention:

the cereal bread production performes by the whole grain wetting by cutting it to small pieces in the system of knife-matrix the extrusion of the obtained mixture at pressure through the matrix; the paste batching; fermentation, preparation and baking of the ready articles.

The non-active bakery yeast in the quantity of 2,1-5%, and the batching performs by the mechanical impulse pressure with the pulse rate frequency of 2-15Hz in the period of 3-40 minutes.