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The invention relates to the food industry, particularly to a composition and process for the production of bread of the whole grain, and may be used at bakery establishments.

Summary of the invention consists in that the composition contains hulled grain, compressed yeast, salt, liquid phase. As liquid phase is used whey, at the same time for preparation of dough is added the following composition of ingredients, kg: hulled grain - 100; compressed yeast - 2,25...3,00; salt - 1,80...2,00; whey - 2,00...30,00.

The process provides for the wetting, hulling, soaking of the grain in water, milling thereof and preparation of dough of the milled grain mass. Into the prepared dough is added salt, yeast and whey. The prepared dough is kneaded and left for fermentation. After fermentation the dough is divided into semi-products and directed to further fermentation and baking, the hulling is carried out by removal of 30...45% of the grain fruit shell with a content of 18...21% of gluten.

The result consists in reducing the production time and in increasing the storage term of the bread of the whole grain.