




99REKS  
*Spelt*



*with 100 % spelt, seeds and honey*



**IREKS**



*Mix for rustic spelt morning goods with oilseed, coarsely ground lupin seeds and honey. High-quality sunflower seeds, coarsely ground lupin seeds and sesame emphasize the nutty-aromatic taste of the rustic morning goods.*

### *Spelt – interesting facts on this trend grain*

*Original form of present-day wheat => stems from early types of wheat called einkorn and emmer*

*Already cultivated by the Celts and Ancient Egyptians*

*Firm grain hull surrounds the kernel => Advantage: natural protection layer against external environmental influences and grain diseases*

*Contains in an ideal combination: carbohydrates, fats, protein, dietary fibre*

*High percentage of protein => contains traces of all essential amino acids*

### *Hildegard von Bingen...*

*The German mystic, nun and alternative medicine physician, Hildegard von Bingen, wrote about spelt in her book "Physika – Naturkunde": "Spelt is the best of grains, it is warming and nourishing, is of high-quality and milder than all other grain. When spelt is eaten, it produces a strong body. Spelt provides healthy blood and makes the spirit of man light and cheerful. No matter how spelt is prepared – whether in this way or that – when eaten as bread or cooked as a different dish, it can be said that spelt is good and easily digestible".*

### *Recipe:*

IREKS SPELT	10.000 kg	Mixing time:	spiral: 4 + 4 mins
Instant yeast	0.100 kg	Dough temperature:	26 - 27° C
Water, approx.	5.200 l	Bulk fermentation time:	approx. 10 mins
Total weight	15.300 kg	Intermediate proof:	approx. 15 mins
		Baking temperature:	for rolls
		Baking time:	20 - 22 mins

## **Our representatives in Asia**

Mr. Leo de Leijer  
Mobile: +66 818814162  
E-mail: Leo.deLeijer@ireks.com

Mr. Gerhard Stichlberger  
Mobile: +65 96643952  
E-mail: Gerhard.Stichlberger@ireks.com

Mr. Ingo Wenserritt  
Mobile: +66 819450418  
E-mail: Wenserritt@ireks.com

Mr. Josef Greiner  
Mobile: +66 819052166  
E-mail: Josef.Greiner@ireks.com

IREKS GmbH  
Lichtenfelser Str. 20  
95326 Kulmbach  
GERMANY  
Tel.: +49 92 21 706-0  
Fax: +49 92 21 706-306  
E-mail: ireks@ireks.com  
www.ireks-asiapacific.com

