



plusminus[®]-mix

the high fibre loaf

plusminus





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Rich in dietary fibre. Low in calories. Plusminus[®] is a bread for modern nutrition: tasty, appetizing and at the same time, conducive to health, as it has a positive effect on intestinal functions. Plusminus[®] is a sophisticated combination of wholemeal wheat flour, wholemeal rye flour and soya bran.

Plusminus[®] is really something special!

Recipe:

PLUSMINUS[®]-MIX 10.000 kg

Instant yeast 0.100 kg

Water, approx. 7.800 l

Total weight 17.900 kg

Mixing time:

spiral: 15 mins slow

Bulk fermentation time:

30 mins

Dough temperature:

28 - 30° C

Final proof:

30 - 40 mins

Baking time:

40 mins

Our representatives in Asia:

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

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

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

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

IREKS GmbH
Lichtenfelser Str. 20
95326 Kulmbach
GERMANY
Tel.: +49 9221 706-0
Fax: +49 9221 706-306
E-mail: ireks@ireks.com
www.ireks-asiapacific.com

