

*Taste  
traditional baking*



*A rye bread mix for the  
easy production of a typical  
German sourdough bread*

**IREKS**

**REX BAVARIAN DAREK**

## Recipe for bread:

REX BAVARIAN DARK	5.000 kg
Wheat flour	5.000 kg
Instant yeast	0.100 kg
Water, approx.	7.000 l
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Total weight	17.100 kg

<b>Mixing time:</b>	spiral: 3 mins slow, 4 mins fast
<b>Dough temperature:</b>	28° C
<b>Bulk fermentation time:</b>	30 mins
<b>Scaling weight:</b>	500 g
<b>Final proof:</b>	30 - 40 mins
<b>Initial baking temperature:</b>	230° C, giving steam and dropping to 200° C. Open damper 10 mins before the end of the baking time.
<b>Baking time:</b>	40 - 45 mins



### RYE

... is the most important breadgrain after wheat. It contains vitamins, minerals and trace elements, which can be easily absorbed, and extends the freshkeeping of bread.

## Recipe for rolls & baguettes:

REX BAVARIAN DARK	3.000 kg
Wheat flour	7.000 kg
FORMAT V 2000	0.150 kg
Salt	0.080 kg
Instant yeast	0.150 kg
Water, approx.	6.000 l
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Total weight	16.380 kg

<b>Mixing time:</b>	spiral: 2 mins slow, 6 mins fast
<b>Dough temperature:</b>	25 - 27° C
<b>Bulk fermentation time:</b>	rolls: none baguettes: 20 mins
<b>Scaling weight:</b>	rolls: 1,800 g (30 pieces) baguettes: 300 g
<b>Intermediate fermentation time:</b>	rolls: 10 mins baguettes: 20 mins
<b>Final proof:</b>	rolls: 60 mins baguettes: 80 mins
<b>Initial baking temperature:</b>	220 - 230° C, giving steam. Open damper 3 - 5 mins before the end of the baking time.
<b>Baking time:</b>	rolls: 18 - 20 mins baguettes: 25 - 30 mins

Many fillings go very well with this dough, for example, raisins, garlic, olives, herbs, tomatoes or onions.

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