

So many good things
from Mother Nature
in one bread

Rye and wheat, linseed,
with the force of proteins,
SOVITAL[®]
BREAD
vitamins and minerals
sunflower seeds and sesame seeds





So many good things
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SOVITAL-MIX

Recipe for bread

SOVITAL-MIX	5.000 kg
Wheat flour	5.000 kg
Instant yeast	0.100 kg
Water, approx.	6.000 l
Total weight	16.100 kg

Instructions for use:

Mixing time:	spiral: 3 mins slow, 6 mins fast
Dough temperature:	28° C
Bulk fermentation time:	20 mins
Final proof:	40 - 50 mins
Scaling weight:	500 g
Initial baking temperature:	230° C, giving steam and dropping to 200° C. Open damper 10 mins before the end of the baking time.
Baking time:	40 - 45 mins

Recipe for rolls and baguettes

SOVITAL-MIX	3.000 kg
Wheat flour	7.000 kg
FORMAT V 2000*	0.150 kg
Salt	0.080 kg
Instant yeast	0.150 kg
Water	6.000 l
Total weight	16.380 kg

Instructions for use:

Mixing time:	spiral: 2 mins slow, 7 mins fast
Dough temperature:	26 - 27° C
Bulk fermentation time:	rolls: none, baguettes: 20 mins
Scaling weight:	rolls: 1,800 g (30 pieces), baguettes: 300 g
Intermediate proof:	rolls: 10 mins, baguettes: 20 mins
Final proof:	rolls: 60 mins, baguettes: 80 mins
Initial baking temperature:	230° C, giving steam and dropping to 210° C. Open damper 3 - 5 mins before the end of the baking time.
Baking time:	rolls: 18 - 20 mins, baguettes: 25 - 30 mins

Recipe for soft toast

SOVITAL-MIX	2.500 kg
Wheat flour	7.500 kg
IREKS SOFT	0.100 kg
IREKS-WHEAT SOUR	0.200 kg
Instant yeast	0.100 kg
Milk powder	0.300 kg
Salt	0.100 kg
Sugar	0.800 kg
Shortening	0.600 kg
Water, approx.	6.000 l
Total weight	18.200 kg

Instructions for use:

Mixing time:	spiral: 2 mins slow, 8 mins fast
Dough temperature:	26° C
Bulk fermentation time:	none
Scaling weight:	600 g
Final proof:	50 - 60 mins
Initial baking temperature:	230° C, giving steam and dropping to 200° C.
Baking time:	approx. 35 mins

* Instead of FORMAT V 2000, FREEMAT or FROST1 can also be used.

Muesli bread or buns can easily be made with this dough. After mixing, add 20 % raisins, 10 % nuts and 2 % honey to the above recipe.

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 9221 706-0
Fax: +49 9221 706-306
E-mail: ireks@ireks.com
www.ireks-asiapacific.com

IREKS