



... keeps you fit
the whole day long!





CARROT FITNESS ROLLS

Sponge:

IREKS CARROT MIX	1.000 kg	} soak for 1-2 hours
Water 40° C	1.000 l	

Dough:

Soaked carrot mix	2.000 kg
Wheat flour	5.000 kg
FORMAT V 2000	0.090 kg
MALT KONCENTRAT	0.050 kg
Salt	0.120 kg
Instant yeast	0.090 kg
Butter	0.060 kg
Water, approx.	2.600 l

Total weight 10.010 kg

Mixing time:	spiral: 5 mins slow, 6 mins fast
Dough temperature:	25 - 26° C
Bulk fermentation time:	none
Intermediate proof:	15 mins
Final proof:	approx. 50 mins
Initial baking temperature:	230° C
Baking temperature:	220° C
Baking time:	15 - 18 mins for 40 g dough



CARROT FITNESS LOAVES

Sponge:

IREKS CARROT MIX	1.000 kg	} soak for 1-2 hours
Water 40° C	1.000 l	

Dough:

Soaked carrot mix	2.000 kg
Wheat flour	3.800 kg
Rye flour	0.600 kg
L'AMOURETTE	0.600 kg
Instant yeast	0.075 kg
Water, approx.	2.700 l

Total weight 9.775 kg

Mixing time:	spiral: 6 mins slow, 5 mins fast
Dough temperature:	27 - 28° C
Bulk fermentation time:	10 mins
Intermediate proof:	15 mins
Final proof:	approx. 45 mins
Initial baking temperature:	230° C
Baking temperature:	220° C
Baking time:	40 mins for 500 g dough



CARROT FITNESS TOAST

Sponge:

IREKS CARROT MIX	1.000 kg	} soak for 1-2 hours
Water 40° C	1.000 l	

Dough:

Soaked carrot mix	2.000 kg
Wheat flour	5.000 kg
IREKS SOFT	0.060 kg
IREKS-WHEAT SOUR	0.120 kg
Milk powder	0.120 kg
Honey	0.240 kg
Salt	0.120 kg
Instant yeast	0.060 kg
Butter	0.120 kg
Water, approx.	2.700 l

Total weight 10.540 kg

Mixing time:	spiral: 3 mins slow, 8 mins fast
Dough temperature:	26 - 27° C
Bulk fermentation time:	none
Intermediate proof:	15 mins
Final proof:	approx. 60 mins
Initial baking temperature:	220° C
Baking temperature:	210° C
Baking time:	25 mins for 450 g dough



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