

# Dinkelspitz

Mix for coarse-textured spelt morning goods with linseed, coarsely ground lupin seeds and spice.



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## 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".

## Quality advantages:

- grain products from 100 % best spelt => fully in trend, nutritional physiologically valuable
- further high-quality ingredients such as linseed and coarsely ground lupin seeds => an especial taste experience
- long-lasting, tender crispness => high consumer acceptance
- aromatic, spicy taste => pleasure and enjoyment when eating
- ideally suited for the production of snacks => variety in the range of baked goods

## Product advantages:

- direct dough method (without soaked grain) => efficient and reliable production
- plastic, dry doughs => high processing reliability - also when using machines
- very suitable for the cold dough method => can be ideally integrated into every company work process
- high fermentation stability => constantly good baked goods quality



## Recipe:

DINKELSPITZ	10.000 kg
Instant yeast	0.120 kg
Water, approx.	5.400 l
<b>Total weight</b>	<b>15.520 kg</b>

Mixing time:	spiral: 4 + 4 mins
Dough temperature:	26 - 27° C
Bulk fermentation time:	10 mins
Scaling weight:	1200 g - 2100 g / 30 pcs dough divider
Intermediate proof:	20 mins
Final proof:	approx. 40 - 50 mins
Baking temperature:	235° C, dropping to 200° C, giving slight steam
Baking time:	17 - 21 mins

For the cold dough process, add an additional 1.5 % butter or shortening to the recipe.

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