

Fitty



FITTY rolls & loaves

Sponge:

FITTY	4.000 kg
Water	4.000 l
	8.000 kg

Allow to stand for 1 hour.

Dough:

Sponge	8.000 kg
Wheat flour	6.000 kg
FORMAT V 2000	0.100 kg
Instant yeast	0.150 kg
Water, approx.	2.000 l
Total weight	16.250 kg

Mixing time:	spiral: 3 minutes slow, 5 minutes fast
Dough temperature:	26 - 27° C
Bulk fermentation time:	rolls: none, loaves: 20 minutes
Scaling weight:	rolls: 1,200 g (30 pieces), loaves: 500 g
Intermediate proof:	rolls: 10 - 20 minutes, loaves: 10 - 15 minutes
Final proof:	rolls: 40 - 50 minutes, loaves: 40 minutes
Baking temperature:	230° C, giving steam, loaves: drop the temperature to 200° C after 5 minutes of baking time. Open the damper 10 minutes before the end of the baking time.
Baking time:	rolls: 15 - 17 minutes, loaves: 40 - 45 minutes

FITTY toast

Sponge:

FITTY	3.000 kg
Water	3.000 l
	6.000 kg

Allow to stand for 1 hour.

Dough:

Sponge	6.000 kg
Wheat flour	7.000 kg
IREKS SOFT PLUS	0.100 kg
IREKS-WHEAT SOUR	0.200 kg
Instant yeast	0.100 kg
Milk powder	0.250 kg
Salt	0.050 kg
Honey	0.400 kg
Water, approx.	3.000 l
Total weight	17.100 kg

Mixing time:	spiral: 2 minutes slow, 8 minutes fast
Dough temperature:	26° C
Bulk fermentation time:	none
Final proof:	50 - 60 minutes
Scaling weight:	600 g
Initial baking temperature:	230° C, giving steam and dropping to 210° C
Baking time:	30 - 35 minutes



Processing advantages:

- Optimal dough consistency, dry doughs which can easily be moulded
- Unproblematic machine processing possible
- Highest level of processing reliability
- Optimal fermentation stability with all dough processes

Baked goods characteristics:

- Attractive, rustic crust
- Appealing volume of baked goods
- Moist, substantial crumb
- Full aroma and flavour



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