

REX

Bavarian Dark

Taste
traditional baking



IREKS

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BavarianDark

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



Recipe for bread

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

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

Recipe for rolls & baguettes

REX BAVARIAN DARK	3.000 kg
Wheat flour	7.000 kg
FORMAT V 2000	0.100 kg
IREKS-WHEAT SOUR	0.200 kg
ROGGENA	0.150 kg
Salt	0.080 kg
Instant yeast	0.100 kg
Water, approx.	6.000 l
Total weight	16.630 kg

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

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



Rye

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



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