



So many good things from
Mother Nature in one bread!



RYE AND WHEAT, LINSEED, SUNFLOWER SEEDS AND SESAME SEEDS



RYE AND WHEAT
LINSEED
SUNFLOWER SEEDS
SESAME SEEDS



Recipe for bread

SOVITAL-MIX	5.000 kg
Wheat flour	5.000 kg
Instant yeast	0.100 kg
Water, approx.	6.500 l
Total weight	16.600 kg

Instructions for use:

Mixing time:	spiral: 2 minutes slow, 7 minutes fast
Dough temperature:	27 - 28° C
Bulk fermentation time:	15 - 20 minutes
Scaling weight:	500 g
Intermediate proof:	5 - 10 minutes
Final proof:	40 - 50 minutes
Initial baking temperature:	230° C, giving steam, dropping to 200° C
Baking time:	40 - 45 minutes

Recipe for soft toast

SOVITAL-MIX	2.500 kg
Wheat flour	7.500 kg
IREKS SOFT PLUS	0.100 kg
IREKS-WHEAT SOUR	0.200 kg
ROGGENA	0.150 kg
Butter	0.600 kg
Sugar	0.800 kg
Milk powder	0.300 kg
Salt	0.100 kg
Instant yeast	0.100 kg
Water, approx.	6.200 l
Total weight	18.550 kg

Instructions for use:

Mixing time:	spiral: 2 minutes slow, 8 minutes fast
Dough temperature:	26 - 27° C
Bulk fermentation time:	none
Scaling weight:	1,200 g (6 x 200 g)
Intermediate proof:	10 - 15 minutes
Final proof:	60 - 65 minutes
Initial baking temperature:	230° C, giving steam, dropping to 200° C
Baking time:	40 - 45 minutes

Recipe for rolls and baguettes

SOVITAL-MIX	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.	6.200 l
Total weight	16.830 kg

Instructions for use:

Mixing time:	spiral: 2 minutes slow, 7 minutes fast
Dough temperature:	26 - 27° C
Bulk fermentation time:	rolls: none, baguettes: 20 minutes
Scaling weight:	rolls: 1,200 g (30 pieces), baguettes: 300 g
Intermediate proof:	rolls: 10 minutes baguettes: 25 - 30 minutes
Final proof:	rolls: 55 minutes, baguettes: 70 minutes
Initial baking temperature:	230° C, giving steam. For baguettes, drop the temperature to 200° C after 5 minutes of baking time. Open damper for the last 3 - 5 minutes of the baking time.
Baking time:	rolls: 15 - 17 minutes baguettes: 30 - 35 minutes

*Instead of FORMAT V 2000, MALZPERLE PLUS or IREKS FROST DIAMANT 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.



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