

IREKS  
*Spelt*



*with 100 % spelt, seeds and honey*

  
**IREKS**



*Mix for rustic spelt morning goods with oilseed, coarsely ground lupin seeds and honey. High-quality sunflower seeds, coarsely ground lupin seeds and sesame emphasize the nutty-aromatic taste of the rustic morning goods.*

### *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".*

### *Recipe:*

|                |           |                         |                    |
|----------------|-----------|-------------------------|--------------------|
| IREKS SPELT    | 10.000 kg | Mixing time:            | spiral: 4 + 4 mins |
| Instant yeast  | 0.100 kg  | Dough temperature:      | 26 - 27° C         |
| Water, approx. | 5.200 l   | Bulk fermentation time: | approx. 10 mins    |
| Total weight   | 15.300 kg | Intermediate proof:     | approx. 15 mins    |
|                |           | Baking temperature:     | for rolls          |
|                |           | Baking time:            | 20 - 22 mins       |



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