

“Chia con Carne” using IREKS CHIA BREAD MIX



Dough:

Wheat flour	1.500 kg
IREKS CHIA BREAD MIX	1.500 kg
Margarine	0.120 kg
Yeast	0.120 kg
<u>Water, approx.</u>	<u>1.560 kg</u>
Total weight	4.800 kg

Mixing time: 3 + 2 minutes, spiral mixer

Dough temperature: 23° C

Bulk fermentation time: 30 minutes (in the fridge)

Scaling weight: as desired

Intermediate proof: none

Instructions for use: Fold in 0.250 – 0.300 kg shortening per kg dough with three single turns. After the bulk fermentation time, roll the laminated dough out to a thickness of approx. 3 mm. Cut into squares, fill with the chilli con carne filling and fold into triangles. If desired, dip into grated cheese. After the final proof, bake.

Final proof: approx. 30 minutes

Baking temperature: 210° C

Baking time: approx. 18 minutes

Filling "Chilli con Carne":

Minced meat	0.500 kg
Kidney beans	0.500 kg
Sweetcorn	0.200 kg
Pepper, salt, paprika, chilli powder	as required
<u>Tinned tomatoes</u>	<u>0.500 kg</u>
Total weight	1.700 kg

Scaling weight: approx. 0.020 kg