

# Spelt Toast Bread using SPELT & HONEY and VOLTEX



**Spelt toast bread:**

SPELT & HONEY	10.000 kg
VOLTEX	0.100 kg
Sugar	0.300 kg
Butter/Margarine	0.200 kg
Yeast	0.500 kg
Water	5.000 kg
<b>Total weight</b>	<b>16.100 kg</b>

Mixing time:	3 + 7 minutes, spiral mixer
Dough temperature:	25 – 26° C
Bulk fermentation time:	none
Scaling weight:	0.580 kg
Intermediate proof:	approx. 5 minutes
Processing:	4-piece method
Final proof:	45 – 50 minutes
Baking temperature:	240° C
Baking time:	approx. 28 minutes

**Skyr and ginger spread:**

Skyr	0.100 kg
Ginger, fresh	0.001 kg
Lemon juice	0.001 kg
Salt	as required
Pepper	as required
<b>Total weight</b>	<b>0.102 kg</b>

Instructions for use: Finely grate the ginger. Beat the skyr, the ginger and the lemon juice until creamy. Season with the salt and pepper.

**Mangetouts:**

Mangetouts	0.100 kg
Salt	as required
<b>Total weight</b>	<b>0.100 kg</b>

Instructions for use: Blanch the mangetouts for approx. 2 minutes in boiling salt water. Subsequently, plunge into ice water.

**Carrots:**

Carrots	0.300 kg
Salt	as required
<b>Total weight</b>	<b>0.300 kg</b>

Instructions for use: Peel the carrots and cut into long strips. Steam in boiling salt water for approx. 4 minutes until soft. Subsequently, plunge into ice water.

**Fried tofu:**

Tofu, natural	0.250 kg
Wheat flour	0.050 kg
Curry powder	0.001 kg
Paprika powder	0.001 kg
Sea salt	0.001 kg
Pepper	0.001 kg
Vegetable oil	as required
<b>Total weight</b>	<b>0.304 kg</b>

Instructions for use: Cut the tofu into slices. Mix the wheat flour with the spices and turn the tofu in this. Heat the vegetable oil in a pan and fry the tofu slices for approx. 1 minute from all sides.

**Amounts for 10 pieces:**

Toast bread	15 slices
Peanut butter	0.075 kg
Peanuts, roasted, chopped	0.025 kg
Cherries, pitted	0.150 kg
Iceberg lettuce	0.100 kg
Skyr and ginger spread	0.100 kg
Mangetouts	0.100 kg
Carrots	0.200 kg
Tofu	0.250 kg
Cherry jam	0.100 kg