

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
Total weight	16.100 kg
Mixing time:	3 + 7 minutos, spiral mixor

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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 and ginger spre	
Skyr	0.100 kg
Ginger, fresh	0.001 kg
Lemon juice	0.001 kg
Salt	as required
Pepper	as required
Total weight	0.102 kg
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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
Total weight	0.100 kg
	0.100 kg
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
Total weight	
rotal weight	0.300 kg
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:	0.050 hr
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
Total weight	0.304 kg
Instructions for use	Out the totu into aligne. Niv the wheat flows with the prices as different the
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 pap and fry the tofu slices for
	totu in this. Heat the vegetable oil in a pan and try the totu slices for

RECIPE SERVICE

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.



RECIPE SERVICE

Amounts for 10 pieces:

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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

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