

Mixed Wheat Bread “Heart”

using IREKS DRIED WHEAT SOUR and PASTA ACIDA K



Wheat flour type 550	8.000 kg
Rye flour type 1150	1.500 kg
IREKS DRIED WHEAT SOUR	0.600 kg
PASTA ACIDA K	0.200 kg
Salt	0.200 kg
Yeast	0.150 kg
Water, approx.	7.000 kg
Total weight	17.650 kg

Mixing time: 4 + 4 minutes, spiral mixer

Dough temperature: approx. 27° C

Bulk fermentation time: approx. 30 minutes

Scaling weight: 2 x 0.375 kg

Intermediate proof: approx. 5 minutes

Instructions for use: After the bulk fermentation time, scale the dough pieces and mould round using wheat flour. After the intermediate proof, process the dough pieces into droplets and place on floured setters with the seam upwards. Subsequently, place two dough pieces together as a heart, press slightly and give retarded fermentation. After the retarded fermentation, allow the dough pieces to stand for 30 – 60 minutes in the room and carefully turn out the dough pieces onto setters. Spray lightly with water, place the desired template on top, sift with wheat flour and make two decorative scores. Subsequently, bake giving steam.

Final proof: retarded fermentation overnight at 5° C
 Baking temperature: 240° C, dropping, giving steam
 Baking time: 30 – 35 minutes