

A GRAND TOUR OF THE UK

BAKED GOODS FROM REGION TO REGION



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Bread mixes
Confectionery mixes
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BROWN ALE STOTTIE CAKE

We start our Grand Tour of the UK with a visit to North East England, where the Stottie Cake has its origins. Our version is made with IREKS VEGAN SOFT ROLL CONC. and IREKS CRAFT MALT. It contains brown ale for a special twist. The Stotty is a dense eating product that is traditionally split and filled. Some common fillings include ham and pease pudding, as well as bacon, egg and sausage. The term stott means “to bounce” in the Northumbrian language. Bouncing here refers to the stottie finding its original shape and form when dropped onto the oven bottom.

North East

The county of Northumberland in the North East of England has many historical sites. Perhaps one of the most famous and visited ones is Hadrian’s Wall. Work on the wall began in AD 122 in the reign of Emperor Hadrian. The wall lies entirely within England and formed a boundary between Roman Britain and Caledonia to the North and runs for 117.5 km in total. In 1987, Hadrian’s Wall was declared a World Heritage Site. In 2005, it became part of the transnational “Frontiers of the Roman Empire”. This also includes sites in Germany.



Brown Ale Stottie Cake

using IREKS CRAFT MALT
and IREKS VEGAN SOFT ROLL CONC.

Wheat flour	10.000 kg
IREKS CRAFT MALT	1.000 kg
IREKS VEGAN SOFT ROLL CONC.	0.700 kg
Yeast	0.300 kg
Brown ale	5.000 kg
Water, approx.	1.000 kg
Total weight	18.000 kg

Mixing time: 2 + 7 minutes, spiral mixer

Dough temperature: 24° C

Bulk fermentation time: none

Scaling weight: 0.200 – 0.350 kg

Intermediate proof: 5 minutes

Instructions for use: Scale the dough after mixing and give intermediate proof. Then roll the dough pieces out round to a thickness of 1 cm and allow to prove once again. After the final proof, press a finger through the centre of the dough pieces, place on setters and load. Turn the dough pieces every 3 minutes until these have baked light brown.

Final proof: approx. 50 minutes

Baking temperature: 230° C

Baking time: approx. 12 minutes

LINCOLNSHIRE PLUM MALTED LOAF

One pleasure of travelling the UK is discovering local and traditional products. This month, we remember the Lincolnshire Plum Malted Loaf using IREKS DONKER BREAD MIX and VOLTEX. The first thing to note about the traditional bread is that – other than its name suggests – it does not include plums. Instead, it contains a great deal of mixed dried fruit which is sometimes soaked in black tea for extra moistness. Although it remains unclear exactly when this regional speciality made its first appearance, it is thought to date back many centuries.

Lincolnshire

The county of Lincolnshire is rich in history and one of its famous landmarks is Lincoln Cathedral, the construction of which started in 1072. Following multiple fires and an earthquake in 1185, the cathedral was rebuilt and extended several times. When completed, the central spire was widely accepted as succeeding the Great Pyramids of Egypt as the tallest man-made building in the world, until the spire collapsed in 1548 and was not rebuilt.



Lincolnshire Plum Malted Loaf

using IREKS DONKER BREAD MIX and VOLTEX

Dough:	
Wheat flour	6.000 kg
IREKS DONKER BREAD MIX	4.000 kg
VOLTEX	0.100 kg
Sugar	0.500 kg
Margarine	0.500 kg
Mixed spice	0.010 kg
Yeast	0.500 kg
Water, approx.	5.300 kg
Total weight	16.910 kg

Mixed fruit:	
Sultanas	2.500 kg
Currants	1.000 kg
Mixed peel	0.500 kg
Total weight	4.000 kg

Mixing time: 3 + 6 minutes, spiral mixer

Dough temperature: 25° C

Bulk fermentation time: 10 minutes

Scaling weight 0.380 kg

Intermediate proof: 15 minutes

Instructions for use: As soon as the dough has developed, add the mixed fruit on slow speed until it has spread evenly. Subsequently, scale the dough and give intermediate proof. Then process and place in small baking tins, give final proof and subsequently bake.

Topping: sugar nibs (optional)

Final proof: approx. 50 minutes

Baking temperature: 200° C

Baking time: 25 minutes

Instructions for use: After baking, wash the upper surface with a sugar syrup solution.

EGG CUSTARD TARTS

Welcome to Chester, the UK base of IREKS! Today, we invite you to try egg custard tarts made with the simple-to-use IREKS EGG CUSTARD MIX. In the bakeries and shops of Chester, like in so many towns and cities across the UK, you can find this classic of British desserts. Its origins date back to medieval times; in 1399 the egg custard tart even formed part of the coronation banquet prepared for Henry IV (Henry the Great). There are numerous claims as to who invented the custard tart including those from Portugal, France, the UK and China. All versions have their unique characteristics though: in Portugal, the tarts are dusted with cinnamon, whereas, in the UK for instance, as you can see in our recipe, nutmeg is more commonly used.

Chester

The city of Chester lies in the county of Cheshire in North West England close to the border to Wales. Chester was founded as a "castrum" or Roman fort with the name of Deva Victrix in 79 AD. As one of the main army camps in Roman Britain, Deva later became a major civilian settlement. The picture shows the Eastgate Clock which stands on the site of the original entrance to the Roman fortress of Deva Victrix. Chester remains one of the best-preserved walled cities in Great Britain. It is also home to the oldest horse racecourse in the world, having staged its first event in 1539.



Tarts with Custard Filling

using IREKS EGG CUSTARD MIX

IREKS EGG CUSTARD MIX	0.100 kg
Water	0.400 kg
Total weight	0.500 kg

- Beating time:** 30 seconds fast (using a whisk) Then allow to rest for 30 minutes and stir.
- Instructions for use:** Pour into pastry cases and sprinkle with ground nutmeg.
- Baking temperature:** 200° C, dropping to 190° C, giving steam
- Baking time:** approx. 30 minutes



HAWKSHEAD WHIGS

As we leave Chester, we head north to Cumbria and specifically the village of Hawkshead. It is here where the little known Hawkshead Whigs originated and have existed since, at the latest, 1764. Our version is based on our popular SPELT & HONEY mix – one of our all-time classic products. Whigs are small, oval bread dough teacakes, which are made with lard and have caraway seeds added. There is some debate on the exact origin of the Whig. It might, for instance, be of Norse origin, where it was baked as an offering to the God Wigga. More likely, according to the Oxford English Dictionary, is that its name derives from an old German term meaning slice or wedge. By the way: Our know-how about spelt extends from the selection of the variety via the analysis of the grain through to the perfect composition of the ingredients.

Hawkshead

Hawkshead, the ancient township the Whigs are named after, grew as a market town after the dissolution of monasteries in 1537. Many of the remaining buildings and surrounding areas have barely changed since the 17th century.

Many famous people spent time in this area of the Lake District. Beatrix Potter († 1943), author of "Peter Rabbit", lived on Hill Top Castle Farm where, parallel to her writing, she began farming, concentrating on the breeding of Herdwick sheep that are so popular in the local context.

Also author William Wordsworth, later to become poet laureate, spent time in the region. Wordsworth was sent to Hawkshead Grammar School by his father in 1778 after his mother had passed away. Today the school is a museum and open to the public.



Hawkshead Whigs

using *SPELT & HONEY*

SPELT & HONEY	10.000 kg
Sugar	0.500 kg
Lard	0.300 kg
Caraway	0.200 kg
Yeast	0.400 kg
Water, approx.	5.400 kg
Total weight	16.800 kg

Mixing time:	2 + 7 minutes, spiral mixer
Dough temperature:	24° C
Bulk fermentation time:	none
Scaling weight:	1.800 kg/30 pieces
Intermediate proof:	5 minutes
Instructions for use:	After the mixing time, scale the dough into dough balls and allow intermediate proof. Then divide the dough balls, mould round and process into oval shapes. Deposit on baking trays covered with baking paper and allow to prove. Subsequently wash with milk/butter, sprinkle with sugar and bake.
Final proof:	approx. 60 minutes
Baking temperature:	220° C
Baking time:	approx. 11 minutes

BRIOCHE CHELSEA BUNS

The month of May takes us to London, more specifically Chelsea, home of the Chelsea Bun. The recipe provided is based on MELLA BRIOCHE POF, giving the bun a more premium feel.

Chelsea Buns came into being as long ago as the 18th century and were originally baked in the bun house, which was an establishment frequented by the Hanoverian Royalty of the time. The Chelsea Bun House was demolished in 1839, but the sweet treat remains popular and can be found in bakeries throughout the UK.

Chelsea

Chelsea sits in the "Royal Borough of Kensington and Chelsea", and was formed in 1963. It is the smallest borough in London and the second smallest district in England, making it one of the most densely populated administrative regions in the whole of the UK. It is an extremely affluent area containing famous department stores like Harrods and Harvey Nichols to name but two. It is also home to embassies, major museums and the Notting Hill Carnival, the largest in Europe. Last but not least, another famous site is Kensington Palace, a British royal residence.



Brioche Chelsea Buns

using MELLA BRIOCHE POF

MELLA BRIOCHE POF	10.000 kg
Yeast	0.500 kg
Water, approx.	4.500 kg
Total weight	15.000 kg

Mixing time:	2 + 8 minutes, spiral mixer
Dough temperature:	26 – 27° C
Bulk fermentation time:	15 minutes
Scaling weight:	0.100 kg
Intermediate proof:	none

Instructions for use: After the bulk fermentation time, roll the dough out to a thickness of approx. 5 mm. Wash the rolled-out dough with melted butter and sprinkle with brown sugar, cinnamon and sultanas. Roll the dough up tightly, cut into the desired size and place really closely together on a tray. Allow to prove and bake.

Final proof:	approx. 50 minutes
Baking temperature:	200° C
Baking time:	20 minutes
Instructions for use:	Wash with a sugar icing immediately after baking and sprinkle with granulated sugar.



OVEN BOTTOM MUFFINS

This month, we find ourselves in Lancashire, North West England, home of the Oven Bottom Muffin. Depending on where you are in the region, you might also hear them called Barm Cakes. This recipe includes VOLTEX improver and IREKS CRUMB SOFTENER for a muffin with a soft and fluffy texture.

The Oven Bottom Muffin provides a great base as a sandwich carrier with favourite fillings such as ploughman's, sausage, bacon, fish fingers and chips. Traditionally, the muffin was leavened with barm which is the foam that forms at the top of fermenting liquid during beer or winemaking. Breweries would sell the barm to bakers even after commercial yeast became available.

Lancashire

The County of Lancashire is steeped in history and has seen many a battle dating back hundreds of years. Since it did not exist at the time of the "Domesday Book", released in 1086, it is believed that the County of Lancashire was created in 1182.

Lancashire was a key player in the Industrial Revolution. There were a number of inventions that started to replace the long history of skilled weavers of the region. One such example was the introduction of the Spinning Jenny that was invented by James Hargreaves and patented in 1770. The machine allowed for more threads and yarns to be produced by fewer workers. Over time, efficiency was improved which ultimately led to lower prices.



Oven Bottom Muffins

using VOLTEX and IREKS CRUMB SOFTENER

Wheat flour	10.000 kg
Shortening	0.300 kg
VOLTEX	0.200 kg
IREKS CRUMB SOFTENER	0.100 kg
Salt	0.200 kg
Yeast	0.300 kg
Water	5.800 kg
Total weight	16.900 kg

Mixing time:	2 + 9 minutes, spiral mixer
Dough temperature:	25 - 26° C
Bulk fermentation time:	none
Scaling weight:	0.080 kg
Intermediate proof:	20 minutes
Instructions for use:	Turn after half of the baking time.
Final proof:	50 minutes
Baking temperature:	220° C
Baking time:	8 minutes

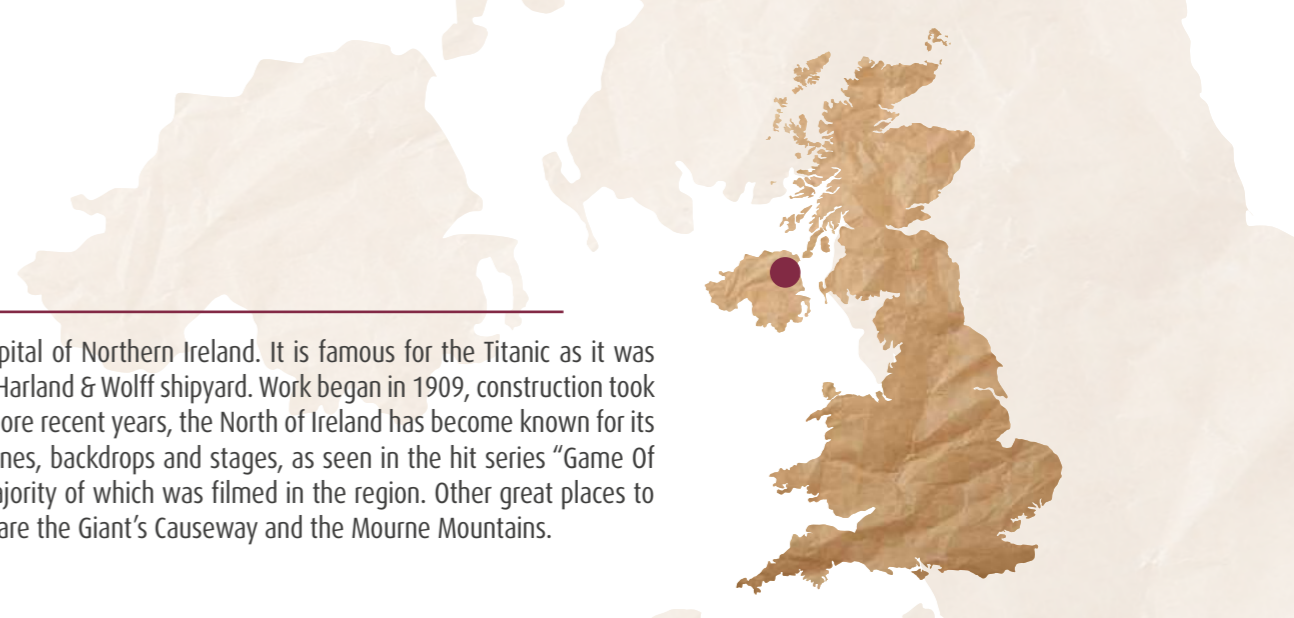


SODA FARLS

For the next destination in the month of July, we are crossing the Irish Sea to get to Northern Ireland. It is here where the Irish Soda Farls are predominantly eaten, with every bakery in the North of Ireland having its own take on it. The shape is always the same, but recipes and size may vary. Our version is made using IREKS CRUMB SOFTENER. The word "Farl" comes from the Scots word "fardel" which refers to a three-cornered cake or the fourth part of a round. The Soda Farl is traditionally enjoyed with the infamous Belfast Breakfast.

Belfast

Belfast is the capital of Northern Ireland. It is famous for the Titanic as it was built here in the Harland & Wolff shipyard. Work began in 1909, construction took three years. In more recent years, the North of Ireland has become known for its breathtaking scenes, backdrops and stages, as seen in the hit series "Game Of Thrones", the majority of which was filmed in the region. Other great places to visit in this area are the Giant's Causeway and the Mourne Mountains.



Soda Farls

using IREKS CRUMB SOFTENER

Wheat flour	10.000 kg
IREKS CRUMB SOFTENER	0.100 kg
Baking powder	0.550 kg
Salt	0.150 kg
Rapeseed oil	0.200 kg
Buttermilk	8.500 kg
Total weight	19.500 kg

Mixing time: 1 + 2 minutes, spiral mixer

Dough temperature: 22 – 25° C

Bulk fermentation time: none

Scaling weight: 0.800 kg/4 pieces

Intermediate proof: none

Instructions for use: After mixing, place the dough on a floured table, scale and mould round. Roll out to a thickness of 20 cm using a rolling pin and quarter. Subsequently, dust lightly with flour, place on a heated hot plate or in a non-stick frying pan and bake.

Final proof: none

Baking temperature: 170 – 190° C on a heated hot plate or in a non-stick frying pan

Baking time: 4 – 5 minutes on each side

General remark: Do not overwork the dough!

LONDON SOURDOUGH BLOOMERS

August 2022 – and we are in London, the capital of England

England's capital is home of the Bloomer Loaf or the "London Bloomer". The name comes from the process of baking the bread on a tray or the oven bottom. As the loaf is not in a tin, it blooms during the proving and baking process, hence the name "Bloomer".

There is little evidence on hand to suggest its exact origin, although it is believed to have first been sold in the early 20th century. Regardless of the history, the Bloomer remains a firm favourite of English and UK bread buyers. Our recipe is based on IREKS SOURDOUGH BREAD MIX.

London

Did you know that London is the home of the Worshipful Company of Bakers? The Bakers Company can trace its origins back to 1155 and is the City of London's second oldest recorded guild.

London is not only the home of the Worshipful Company of Bakers, but also of Queen Elizabeth. Her 70th anniversary of service to the United Kingdom will be celebrated throughout 2022, with the unprecedented anniversary culminating in June. Traditional street parties were a key feature of the celebrations as the Nation's people said thank you to the Queen for her unwavering service, especially in London, it was duly celebrated.

Join us again next month as we continue our tour of the UK.



London Sourdough Bloomers

using IREKS SOURDOUGH BREAD MIX

Wheat flour	5.000 kg
IREKS SOURDOUGH BREAD MIX	5.000 kg
Yeast	0.300 kg
Water, approx.	6.100 kg
Total weight	16.400 kg

- Mixing time:** 4 + 10 minutes, spiral mixer
Dough temperature: 27° C
Bulk fermentation time: 15 minutes
Scaling weight: 0.480 kg
Intermediate proof: 15 minutes
Instructions for use: After the bulk fermentation time, scale the dough, mould round and allow to prove. After the intermediate proof, mould once again and place on setters or trays. Cut at ¾ proof and bake giving steam.
Final proof: approx. 60 minutes
Baking temperature: 240° C, dropping to 220° C, giving steam
Baking time: 30 – 35 minutes

BARA BRITH CAKE

We have reached the month of September and our Grand Tour of the UK continues with a journey from London, England, to the country of Wales. It is here that we trace the origins of the Bara Brith cake. The recipe is based on the versatile and easy to use SPELT & YOGHURT CAKE-MIX.

The name "Bara Brith" is derived from the Welsh language with "bara" meaning bread and "brith" translating as speckled. Interestingly, the original recipes found their way to Argentina when, in 1865, during the period of the industrial revolution, a number of people from rural towns and communities had travelled to and settled in the area of Patagonia. At some point, a new Welsh Community was born. The Bara Brith is still enjoyed and kept alive in Welsh tearooms where it is known locally as Torta Negra.

Wales

Wales has a rich history and is home to some wonderfully preserved castles that include Conwy which sits in the town where the 1980's mystical fantasy "Highlander" was filmed. Another one is Cardiff Castle that has stood through Roman occupation, the Norman Conquest as well as the horrors of the Second World War.

With a population of just over three million people, some notable Welsh people include singer Dame Shirley Bassey (recorded three James Bond theme songs), poet and author Dylan Thomas (wrote "Under Milk Wood" and "Do not go gentle into that good night") as well as actor Sir Anthony Hopkins ("The Silence Of The Lambs" and Bram Stoker's "Dracula").



Bara Brith Cake

using SPELT & YOGHURT CAKE-MIX

Soaked fruit:	
Brown sugar	0.030 kg
Black tea	0.400 kg
Candied orange peel/Candied lemon peel	0.700 kg
Total weight	1.130 kg

Instructions for use: Allow the brown sugar, tea and candied orange peel/candied lemon peel to soak for at least 6 hours, ideally overnight.

Batter:	
SPELT & YOGHURT CAKE-MIX	1.000 kg
Whole egg	0.050 kg
Vegetable oil	0.400 kg
Liquid from the soaked fruit	0.400 kg
Mixed spice	0.010 kg
Soaked fruit	0.730 kg
Total weight	2.590 kg

Mixing time: 3 minutes slow

Scaling weight: 0.350 kg

Instructions for use: Allow the soaked fruit to drain, collect the liquid and add to the batter. Put the fruit to one side and lift under the batter at the end of the mixing time. Mix the ingredients. Subsequently, put the batter into the tins and bake.

Baking temperature: 160° C

Baking time: 55 minutes



YORKSHIRE PARKIN

This month, we head north from Wales back to England and up to Yorkshire.

It is in this historic county that the Parkin originated. Essentially, these baked goods are gingerbread cakes and the first entry for the Parkin was written in 1728 in the records of the West Riding Of Yorkshire Quarter Sessions. Our version is made with our GLUTEN-FREE VEGAN CAKE MIX, which is directed towards those who want to enjoy gluten-free and vegan products without any compromises in taste. A droll anecdote is that the name "Parkin" actually emanates from the forename "Peter" which is of particular popularity in Yorkshire.

Yorkshire

Yorkshire itself is, as a historic county in Northern England, known for its strong Roman and Viking heritage and an architecture not only shaped by Norman castles and medieval abbeys, but also Roman cathedrals, such as the York Minster Cathedral built in the 13th century.

On the culinary side of things, the Yorkshire pudding is a famous savoury batter dish. It is commonly served with the traditional Sunday roast. In its home county, however, you will often see it served as a starter course accompanied by onion gravy. There is even a National Yorkshire Pudding Day which has been celebrated in Britain on the first Sunday in February since 2007.

...and did you know that the region is renowned for having a high density of breweries? As of July 2022, Yorkshire counted 402 breweries, the oldest being the "Samuel Smith's Brewery" which was first established in 1758.



Yorkshire Parkin

using GLUTEN-FREE VEGAN CAKE MIX

GLUTEN-FREE VEGAN CAKE MIX	1.000 kg
Golden syrup	0.400 kg
Black treacle	0.150 kg
Brown sugar, soft	0.250 kg
Oat flakes, medium	0.500 kg
Ginger, ground	0.040 kg
Vegetable oil	0.300 kg
Water, approx.	0.450 kg
Total weight	3.090 kg

Mixing time: 3 minutes, on medium speed

Scaling weight: as desired

Instructions for use: Heat the syrup, treacle and sugar on a gentle heat until the ingredients have dissolved. Subsequently, remove from the cooker, add the remaining ingredients and mix on medium speed. Put the batter into the desired baking tins and bake.

Baking temperature: 180° C, dropping, giving steam

Baking time: 30 – 40 minutes



YUM YUMS

The month of November brings us to the Central Belt of Scotland. It is in this region that the delicious Yum Yum has gained in popularity over the years. Our recipe for confectionery baked goods is based on the YUM YUM DOUGHNUT MIX RSPO MB. Known as a twisted doughnut, this sweet treat quickly became a Scottish phenomenon and is now considered indispensable, not only in Scottish bakeries.

The Central Belt of Scotland is the area with the highest density of population within the country. It lies between the Highlands to the north and the Southern Uplands to the south. The area includes Greater Glasgow, Ayrshire, Falkirk, Lothian, Fife and the Capital of Scotland, Edinburgh.

Scotland

Scotland can claim many historic figures over the years. The first to mention is Robert The Bruce, who was King of Scots from 1306 until his death in 1329. One of the most renowned warriors of his generation, Robert eventually led Scotland during the First War of Scottish Independence against England. He fought successfully during his reign and regained Scotland's place as an independent kingdom. Or let's shed some light on Robert Burns, the famed Scottish poet and lyricist who lived between 1759 and 1796. His poem and song "Auld Lang Syne" is still sung to this day every New Year's Eve to bid farewell to the old year and ring in the new. In honour of him, the Scots celebrate Burns' birthday every year on 25 January with a traditional Burns Supper consisting of haggis, neeps and tatties, all washed down with the customary whisky.



Yum Yums

using YUM YUM DOUGHNUT MIX RSPO MB

Wheat flour	5.000 kg
YUM YUM DOUGHNUT MIX RSPO MB	5.000 kg
Whole egg	0.550 kg
Yeast	0.450 kg
Water	3.800 kg
Total weight	14.800 kg

Mixing time:	2 + 3 minutes
Dough temperature:	21 – 24° C
Bulk fermentation time:	10 minutes
Scaling weight:	0.038 kg
Intermediate proof:	approx. 10 minutes
Instructions for use:	After the bulk fermentation time, fold in 22 % fat (per kg dough) with three single and one double turn and allow to prove. After the intermediate proof, roll out the dough to the desired thickness, cut into strips, of which the ends are twisted in opposite directions to one another, and allow to prove. After the final proof, deep-fry the yum yums for one minute on each side and coat with fondant.
Final proof:	approx. 55 minutes
Deep-frying temperature:	approx. 190° C
Baking time:	1 minute (each side)



HIGHLAND WHISKY CAKE

We have stayed in Scotland since last month, now moving further North into the Highlands.

This part of the country can be one of the most inhospitable yet beautiful of places in equal measure. As we enter the festive period and head towards Christmas, we invite you to join us for a slice of Highland Whisky Cake.

Our winter recipe is made using IREKS VEGAN CAKE MIX and MALT EXTRACT. So this particular version is vegan but offers all the quality attributes you would expect with absolutely no compromise on taste.

Highlands

The Highlands have many areas and places of interest and natural beauty including lochs, castles, beaches, idyllic villages and mountains of which Ben Nevis is the highest in Scotland, the United Kingdom and the British Isles. The summit is 4,413 feet (1,345 metres) high.

A truly beautiful castle is that of Leod, sitting close to the village and spa town of Strathpeffer. Another an example of a famous castle is Balmoral, the residence of the British Royal Family which stands amid the Grampians in Western Aberdeenshire. It is here that on 6 September 2022 Boris Johnson formally stepped down as Prime Minister in an audience with the Queen. Shortly after, his successor, Liz Truss was asked by the Queen to form a new government. Just two days later, on 8 September 2022, this great lady passed away at the age of 96.



Highland Whisky Cake

using VEGAN CAKE MIX and MALT EXTRACT

VEGAN CAKE MIX	10.000 kg
MALT EXTRACT	0.400 kg
Vegetable oil	0.300 kg
Demerara sugar	0.400 kg
Cinnamon	0.100 kg
Single malt whisky	1.000 kg
Water, approx.	4.500 kg
Sultanas	4.000 kg
Glacé cherries	1.000 kg
Total weight	21.700 kg

Mixing time: 3 – 4 minutes
Scaling weight: 0.450 kg
Instructions for use: Mix all the ingredients, apart from the sultanas and the cherries, for 3 minutes on medium speed until smooth. Add the sultanas and the glacé cherries and slowly mix under for a further minute. Fill the batter into round tins and bake.

Baking temperature: 180° C
Baking time: 40 – 45 minutes

