

# Chia con Carne

using IREKS CHIA BREAD MIX

RECIPE SERVICE

## 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        |

## Filling "Chili con Carne":

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

|                         |                            |
|-------------------------|----------------------------|
| Mixing time:            | 3 + 2 minutes              |
| Dough temperature:      | 23° C                      |
| Bulk fermentation time: | 30 minutes (in the fridge) |
| Scaling weight:         | as desired                 |
| Intermediate proof:     | none                       |
| Processing:             | filled triangles           |
| Final proof:            | approx. 30 minutes         |
| Baking temperature:     | 210° C                     |
| Baking time:            | approx. 18 minutes         |

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Instructions for use:

Fold in 0.250 kg – 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 approx. 0.020 kg of the chilli con carne filling and fold into triangles. If desired, dip into grated cheese. After the final proof, bake.

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