

Hearts using IREKS CHIA BREAD MIX

Wheat flour	5.000 kg
IREKS CHIA BREAD MIX	5.000 kg
Yeast	0.200 kg
Water, approx.	5.500 kg
<hr/> Total weight	<hr/> 15.700 kg

Mixing time: 3 + 6 minutes

Dough temperature: 24° C

Bulk fermentation time: 30 minutes

Scaling weight: 2 x 0.200 kg

Intermediate proof: 5 – 10 minutes

Processing: baguette hearts

Final proof: 45 minutes

Baking temperature: 235° C, dropping to 210° C, giving steam

Baking time: 30 minutes

Instructions for use: Weigh the dough pieces into 2 x 0.200 kg and allow to rest. After the intermediate proof, lengthen the dough pieces to a point and subsequently, place both dough pieces together sideways to form a heart shape.

