

# IREKS AVENA



Experience the full taste of oats!



# In the past, people already knew what was satisfying and full of goodness.

## Oats have a long tradition as a foodstuff.

Signs of the cultivation of oats dating back as far as the Bronze Age have been found by scientists at stilt dwelling settlements in Switzerland. In the Middle Ages, oats were, in actual fact, the most important field crop and were only later ousted by the potato.

Continuing into the 20th century, oats took third place after wheat and maize in the list of types of grain according to significance worldwide. In Germany, they were the second most important type of grain after rye. Then oats lost ground for a time, until the turnaround came several years ago: as a result of their special taste and the numerous valuable ingredients, they are now being rediscovered by more and more consumers!

Oat flakes – no matter whether thin-rolled or thick-rolled – nowadays make up the most important basis for a delicious, healthy breakfast muesli.

### Why not enjoy the special taste of oats in bread as well?

- Not only in the morning, but at all times of the day!
- No matter where!

## Oats – a traditional grain with a vitalising effect!

- Oats contain protein and therefore make a valuable contribution to the provision of essential amino acids.
- Oats contain high-quality vegetable fat, with a high percentage of mono- and poly-unsaturated fatty acids.
- Oats have valuable dietary fibre.
- Oats provide energy for an active life.

### All the positive characteristics of oats are to be found united in their bread:

#### IREKS AVENA: the malty-aromatic oat bread with lots of good oats

- With a percentage of oats of more than 60 % in the mix, oat bread made using IREKS AVENA is unbeatably good.
- The full oat taste of the IREKS AVENA loaves gives – in perfect harmony with aromatic brewing malt – a really new taste experience.

#### The mix IREKS AVENA stands out due to:

- the high percentage of tasty wholemeal oat flour, thick-rolled oat flakes and coarse oats,
- valuable sunflower seeds and yellow linseed and
- the full aroma and flavour of aromatic brewing malt: a very aromatic barley malt which is made by IREKS in its own malthouse.





# IREKS AVENA



## Light-coloured oat bread

Wheat flour	7.000 kg
IREKS AVENA	3.000 kg
IREKS-WHEAT SOUR	0.200 kg
FORMAT V 2000	0.100 kg
Salt	0.080 kg
Instant yeast	0.100 kg
Water, approx.	7.400 l
<b>Total weight</b>	<b>17.880 kg</b>

Mixing time:	2 + 7 minutes
Dough temperature:	26° C
Bulk fermentation time:	15 - 20 minutes
Scaling weight:	0.500 kg
Processing:	round or long
Final proof:	approx. 45 minutes
Topping:	rye flour or chopped oat flakes
Baking temperature:	230° C, dropping to 210° C, giving steam
Baking time:	35 - 40 minutes

## Student Bread with Yoghurt

Wheat flour	7.000 kg
IREKS AVENA	3.000 kg
IREKS-WHEAT SOUR	0.200 kg
FORMAT V 2000	0.100 kg
Yoghurt	2.000 kg
Olive oil	0.200 kg
Salt	0.080 kg
Instant yeast	0.100 kg
Water, approx.	5.000 l

Fruit, seeds & nut mix, washed*	2.500 kg
<b>Total weight</b>	<b>20.180 kg</b>

\* Add at the end of the mixing time.  
Dried fruit such as cranberries, apricots, prunes, raisins,  
walnuts and/or almonds, pumpkin seeds and  
sunflower seeds

Mixing time:	2 + 7 minutes
Dough temperature:	26° C
Bulk fermentation time:	20 minutes
Scaling weight:	0.300 kg
Intermediate proof:	none
Processing:	round
Topping:	mixed seeds
Final proof:	40 - 50 minutes
Baking temperature:	230° C, dropping to 210° C, giving steam
Baking time:	approx. 25 minutes, soft baked



## Oat Soft Rolls

Wheat flour	7.500 kg
IREKS AVENA	2.500 kg
IREKS-WHEAT SOUR	0.200 kg
IREKS SOFT PLUS H	0.100 kg
Sugar	0.600 kg
Butter	0.600 kg
Salt	0.090 kg
Instant yeast	0.150 kg
Water, approx.	6.200 l
<b>Total weight</b>	<b>17.940 kg</b>

Mixing time:	2 + 7 minutes
Dough temperature:	26° C
Bulk fermentation time:	none
Scaling weight:	1.500 kg/30 pieces
Intermediate proof:	10 - 15 minutes
Processing:	round
Topping:	none or chopped oat flakes
Final proof:	approx. 45 minutes
Baking temperature:	220° C, giving steam
Baking time:	approx. 10 minutes

## Rustic Oat & Rye Bread

Wheat flour	5.000 kg
IREKS AVENA	3.000 kg
REX BAVARIAN DARK	2.000 kg
Instant yeast	0.100 kg
Water, approx.	7.500 l
<b>Total weight</b>	<b>17.600 kg</b>

Mixing time:	2 + 7 minutes
Dough temperature:	26° C
Bulk fermentation time:	15 - 20 minutes
Scaling weight:	0.500 kg
Processing:	long-shaped or round
Topping:	rye flour
Final proof:	approx. 45 minutes
Baking temperature:	230° C, dropping to 210° C, giving slight steam
Baking time:	approx. 40 minutes

