

IREKS
Spelt



with 100 % spelt, seeds and honey


IREKS



Mix for rustic spelt morning goods with oilseed, coarsely ground lupin seeds and honey. High-quality sunflower seeds, coarsely ground lupin seeds and sesame emphasize the nutty-aromatic taste of the rustic morning goods.

Spelt – interesting facts on this trend grain

Original form of present-day wheat => stems from early types of wheat called einkorn and emmer

Already cultivated by the Celts and Ancient Egyptians

Firm grain hull surrounds the kernel => Advantage: natural protection layer against external environmental influences and grain diseases

Contains in an ideal combination: carbohydrates, fats, protein, dietary fibre

High percentage of protein => contains traces of all essential amino acids

Hildegard von Bingen...

The German mystic, nun and alternative medicine physician, Hildegard von Bingen, wrote about spelt in her book "Physika – Naturkunde": "Spelt is the best of grains, it is warming and nourishing, is of high-quality and milder than all other grain. When spelt is eaten, it produces a strong body. Spelt provides healthy blood and makes the spirit of man light and cheerful. No matter how spelt is prepared – whether in this way or that – when eaten as bread or cooked as a different dish, it can be said that spelt is good and easily digestible".

Recipe:

IREKS SPELT	10.000 kg	Mixing time:	spiral: 4 + 4 mins
Instant yeast	0.100 kg	Dough temperature:	26 - 27° C
Water, approx.	5.200 l	Bulk fermentation time:	approx. 10 mins
<hr/>		Intermediate proof:	approx. 15 mins
Total weight	15.300 kg	Baking temperature:	for rolls
		Baking time:	20 - 22 mins



IREKS GmbH
Lichtenfelser Str. 20
95326 Kulmbach
GERMANY
Tel.: +49 9221 706-0
Fax: +49 9221 706-306
ireks@ireks.com
www.ireks-asiapacific.com

Our representatives in Asia:

Mr. Leo de Leijer
Mobile: +66 818814162
Leo.deLeijer@ireks.com

Mr. Gerhard Stichberger
Mobile: +65 96643952
Gerhard.Stichberger@ireks.com

Mr. Ingo Wenseritt
Mobile: +66 819450418
Ingo.Wenseritt@ireks.com

Mr. Josef Greiner
Mobile: +66 819052166
Josef.Greiner@ireks.com