



plusminus®-mix



**PLUSMINUS®-MIX – the high fibre loaf**

For people who would like to be healthy



**IREKS**



**plusminus®-mix**



Rich in dietary fibre. Low in calories. PLUSMINUS®-MIX is a bread for modern nutrition: tasty, appetizing and at the same time, conducive to health, as it has a positive effect on intestinal functions. PLUSMINUS®-MIX is a sophisticated combination of wholemeal wheat flour, wholemeal rye flour and soya bran.

**PLUSMINUS®-MIX is really something special!**

### Wholemeal bread:

	100 %	50 %	25 %
PLUSMINUS®-MIX	10.000 kg	5.000 kg	2.500 kg
Wheat flour	-----	5.000 kg	7.500 kg
FORMAT V 2000	-----	0.100 kg	0.150 kg
IREKS-WHEAT SOUR	-----	0.150 kg	0.300 kg
Salt	-----	0.100 kg	0.150 kg
Instant yeast	0.080 kg	0.100 kg	0.100 kg
Water, approx.	7.800 l	6.500 l	6.200 l
<b>Total weight</b>	<b>17.900 kg</b>	<b>16.950 kg</b>	<b>16.900 kg</b>
Mixing time: spiral: slow,	15 mins	2 mins	2 mins
fast,	none	8 mins	8 mins
Dough temperature:	26 - 27° C		
Bulk fermentation time:	20 mins		
Baking temperature:	230° C, giving steam		

### Wholemeal toast:

PLUSMINUS®-MIX	3.000 kg
Wheat flour	7.000 kg
IREKS SOFT PLUS	0.100 kg
IREKS-WHEAT SOUR	0.200 kg
Milk powder	0.200 kg
Butter	0.600 kg
Sugar	0.400 kg
Salt	0.130 kg
Instant yeast	0.130 kg
Water, approx.	6.000 l
<b>Total weight</b>	<b>17.760 kg</b>
Mixing time: spiral:	2 mins slow, 8 mins fast
Dough temperature:	26 - 27° C
Scaling weight:	1,200 g
Processing:	4-piece method
Baking temperature:	230° C, giving steam, dropping to 210° C



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