

*Taste
traditional baking*



*A rye bread mix for the
easy production of a typical
German sourdough bread*

REX BAVARIAN DAREK


IREKS

Recipe for bread:

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|-------------------|-----------|
| REX BAVARIAN DARK | 5.000 kg |
| Wheat flour | 5.000 kg |
| Instant yeast | 0.100 kg |
| Water, approx. | 7.000 l |
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| Total weight | 17.100 kg |

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| Mixing time: | spiral: 3 mins slow, 4 mins fast |
| Dough temperature: | 28° C |
| Bulk fermentation time: | 30 mins |
| Scaling weight: | 500 g |
| Final proof: | 30 - 40 mins |
| Initial baking temperature: | 230° C, giving steam and dropping to 200° C. Open damper 10 mins before the end of the baking time. |
| Baking time: | 40 - 45 mins |



RYE

... is the most important breadgrain after wheat. It contains vitamins, minerals and trace elements, which can be easily absorbed, and extends the freshkeeping of bread.

Recipe for rolls & baguettes:

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|-------------------|-----------|
| REX BAVARIAN DARK | 3.000 kg |
| Wheat flour | 7.000 kg |
| FORMAT V 2000 | 0.150 kg |
| Salt | 0.080 kg |
| Instant yeast | 0.150 kg |
| Water, approx. | 6.000 l |
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| Total weight | 16.380 kg |

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| Mixing time: | spiral: 2 mins slow, 6 mins fast |
| Dough temperature: | 25 - 27° C |
| Bulk fermentation time: | rolls: none baguettes: 20 mins |
| Scaling weight: | rolls: 1,800 g (30 pieces) baguettes: 300 g |
| Intermediate fermentation time: | rolls: 10 mins baguettes: 20 mins |
| Final proof: | rolls: 60 mins baguettes: 80 mins |
| Initial baking temperature: | 220 - 230° C, giving steam. Open damper 3 - 5 mins before the end of the baking time. |
| Baking time: | rolls: 18 - 20 mins baguettes: 25 - 30 mins |

Many fillings go very well with this dough, for example, raisins, garlic, olives, herbs, tomatoes or onions.



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