

# Sunflower Mix



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Basic recipe for:

## Sunflower seed bread:

SUNFLOWER-MIX	5.000 kg
Wheat flour	5.000 kg
Instant yeast	0.100 kg
Water, approx.	6.200 l
<b>Total weight</b>	<b>16.300 kg</b>

Mixing time:	spiral: 3 mins slow, 5 mins fast
Dough temperature:	27 - 28° C
Bulk fermentation time:	25 mins
Scaling weight:	500 g
Final proof:	40 - 50 mins
Initial baking temperature:	230° C, giving steam and dropping to 200° C
Baking time:	approx. 40 mins



## Toast bread:

SUNFLOWER-MIX	2.500 kg
Wheat flour	7.500 kg
IREKS SOFT	0.100 kg
IREKS-WHEAT SOUR	0.200 kg
Instant yeast	0.100 kg
Skimmed milk powder	0.200 kg
Salt	0.100 kg
Sugar	0.800 kg
Shortening or butter, unsalted	0.500 kg
Water, approx.	5.700 l
<b>Total weight</b>	<b>17.700 kg</b>

Mixing time:	spiral: 2 mins slow, 8 mins fast
Dough temperature:	26° C
Bulk fermentation time:	none
Scaling weight:	600 g
Final proof:	50 - 60 mins
Initial baking temperature:	230° C, giving steam and dropping to 200° C
Baking time:	approx. 35 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 Wenserritt  
Mobile: +66 819450418  
Ingo.Wenserritt@ireks.com

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