

**WHOLE GRAIN**



**MIX DARK**

**Take a bite and  
enjoy the grains!**



**IREKS**



## Vollkorn Bread

### Soaked grain:

WHOLE GRAIN MIX DARK	5.000 kg
Water 60° C	4.250 kg
Soaked grain	9.250 kg
Swelling time: 60 mins	

Soaked grain	9.250 kg
Instant yeast	0.012 kg
Water	0.050 kg
Total weight:	9.312 kg

Mixing time:	15 - 20 mins slow
Dough temperature:	30 - 32° C
Bulk fermentation time:	120 mins
Mixing time after bulk fermentation time:	3 mins slow
Scaling weight:	1,300 g (tin size 24 x 9 x 7 cm)
Final proof:	20 - 30 mins
Initial baking temperature:	240° C giving steam, dropping to 220° C
Baking time:	90 mins (core temperature 96° C)
Instructions for use:	Fill the soft dough into greased tins and smooth the upper surface with a dough scraper. Subsequently, allow to prove.

## Light Whole Grain Bread

### Soaked grain:

WHOLE GRAIN MIX DARK	5.000 kg
Water 60° C	5.000 kg
Soaked grain	10.000 kg
Swelling time: 60 mins	

Soaked grain	10.000 kg
Wheat flour	5.000 kg
Salt	0.100 kg
FORMAT V 2000	0.150 kg
Instant yeast	0.100 kg
Water	1.500 kg
Total weight:	16.850 kg

Mixing time:	spiral: 6 mins slow, 4 mins fast
Dough temperature:	28 - 29° C
Bulk fermentation time:	30 mins
Intermediate proof:	15 mins
Scaling weight:	500 g
Final proof:	approx. 45 mins
Initial baking temperature:	240° C giving steam, dropping to 220° C
Baking time:	45 mins



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