

Sovital

BREAD

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RYE AND WHEAT, LINSEED, SUNFLOWER SEEDS AND SESAME SEEDS



RYE AND WHEAT
LINSEED
SUNFLOWER SEEDS
SESAME SEEDS

SOVITAL BREAD

Recipe for bread

Wheat flour	5.000 kg
SOVITAL-MIX	5.000 kg
Instant yeast	0.100 kg
Water, approx.	6.500 l
Total weight	16.600 kg

Instructions for use:

Mixing time:	2 + 7 minutes
Dough temperature:	27 - 28° C
Bulk fermentation time:	15 - 20 minutes
Scaling weight:	0.500 kg
Intermediate proof:	5 - 10 minutes
Processing:	oven bottom or tin bread
Final proof:	40 - 50 minutes
Baking temperature:	230° C, dropping to 200° C, giving steam
Baking time:	40 - 45 minutes

Recipe for soft toast

Wheat flour	7.500 kg
SOVITAL-MIX	2.500 kg
IREKS-WHEAT SOUR	0.200 kg
ROGGENA	0.150 kg
IREKS SOFT PLUS	0.100 kg
Sugar	0.800 kg
Butter	0.600 kg
Milk powder	0.300 kg
Salt	0.100 kg
Instant yeast	0.100 kg
Water, approx.	6.200 l
Total weight	18.550 kg

Instructions for use:

Mixing time:	2 + 8 minutes
Dough temperature:	26 - 27° C
Bulk fermentation time:	none
Scaling weight:	1.200 kg (6 x 0.200 kg)
Intermediate proof:	10 - 15 minutes
Processing:	4-piece method
Final proof:	60 - 65 minutes
Baking temperature:	230° C, dropping to 200° C, giving steam
Baking time:	40 - 45 minutes

Recipe for rolls and baguettes

Wheat flour	7.000 kg
SOVITAL-MIX	3.000 kg
IREKS-WHEAT SOUR	0.200 kg
ROGGENA	0.150 kg
FORMAT V 2000*	0.100 kg
Salt	0.080 kg
Instant yeast	0.100 kg
Water, approx.	6.200 l
Total weight	16.830 kg

Instructions for use:

Mixing time:	2 + 7 minutes
Dough temperature:	26 - 27° C
Bulk fermentation time:	rolls: none baguettes: 20 minutes
Scaling weight:	rolls: 1.800 kg/30 pieces baguettes: 0.320 kg
Intermediate proof:	rolls: 10 minutes baguettes: 25 - 30 minutes
Final proof:	rolls: 55 minutes, baguettes: 70 minutes
Baking temperature:	230° C, giving steam. For baguettes, drop the temperature to 200° C after 5 minutes of baking time. Open the damper for the last 3 - 5 minutes of the baking time.
Baking time:	rolls: 15 - 17 minutes baguettes: 30 - 35 minutes

*Instead of FORMAT V 2000, MALZPERLE PLUS or IREKS FROST can also be used.

Muesli bread or buns can easily be made with this dough. After mixing, add 20 % raisins, 10 % nuts and 2 % honey.

