IREKS

NOURI GRAIN H

IREKS

DELICIOUS

flexible applications

Aromatic

VEGAN

TREND

Maya & Aztecs

CENTRAL AMERICAN **food trend** Wide variety of recipe ideas

NUTTY TASTE

MIX WITHOUT ADDED SALT

Valuable ingredients

attractive crumb with
a slightly aromatic taste

RED SPLIT LENTILS

Red split lentils are one of the oldest cultivated plants worldwide. They are a legume, just like peas and peanuts. Legumes are experiencing a comeback as a food ingredient and give baked goods an aromatic, slightly nutty taste.

PUMPKIN SEEDS

Pumpkin seeds are counted among the oilseeds and have their origin in the US and Mexico, where Columbus was the first person to mention them in his writings.

CHIA (SALVIA HISPANICA) SEEDS

Chia (Salvia hispanica) seeds probably have their origin in Central America. The Aztecs and the Maya already knew them and, no matter whether the word chia comes from the language of the Aztecs and stands for “oily”, or whether it is a Maya word with the meaning “What makes you strong”: chia seeds were associated with power, stamina and vitality and eaten especially as preparation for particular activities.

QUINOA

Quinoa, which is also known as “rice spinach”, “Peru rice” and “Inca rice”, belongs to the amaranth family and is, strictly speaking, not a grain, even if it is often used as a substitute. Seen from a botanical point of view, it is related to beetroot and spinach. Red quinoa is especially aromatic, a little spicy and has a pleasant, slightly nutty taste.

WHOLEMEAL SPELT FLAKES

Spelt is a grain which originates in the centre of Europe. Its fine aroma and slightly nutty taste round off all kinds of baked goods. As the name suggests, wholemeal spelt flakes are made from the whole grain and thus retain all the valuable ingredients of the spelt grain.

SOFT BREAD

Wheat flour	7.500 kg
IREKS NOURI GRAIN H	2.500 kg
FORMAT V 2000 H	0.100 kg
Sugar	0.500 kg
Vegetable oil	0.500 kg
Salt	0.200 kg
Instant yeast	0.150 kg
Water, approx.	6.000 l
Total weight	17.450 kg

Mixing time:	3 + 7 minutes
Dough temperature:	26 – 27° C
Bulk fermentation time:	20 – 30 minutes
Scaling weight:	0.250 kg
Intermediate proof:	20 minutes

Instructions for use:
After the bulk fermentation time, scale the dough and allow to prove. After the intermediate proof, process as desired, dampen the upper surface and toss in the topping. Subsequently, place on trays or setters dusted with flour and allow to prove. After the final proof, bake giving steam which is allowed to escape approx. 5 minutes before the end of the baking time.

Topping:
mixture of IREKS NOURI GRAIN H, MAIZE CONCENTRATE H and sesame (3:1:1)

Final proof:	50 – 60 minutes
Baking temperature:	220° C, dropping to 190° C, giving steam
Baking time:	approx. 25 minutes

MINI BAGUETTES

Wheat flour	7.000 kg
IREKS NOURI GRAIN H	3.000 kg
IREKS ARTISANO CLEAN LABEL H	0.150 kg
Olive oil	0.100 kg
Salt	0.200 kg
Instant yeast	0.100 kg
Water, approx.	6.300 l
Total weight	16.850 kg

Mixing time:	7 + 4 minutes
Dough temperature:	25 – 26° C
Bulk fermentation time:	20 minutes
Scaling weight:	0.180 kg
Intermediate proof:	20 minutes

Instructions for use:
Process as usual for baguettes. Toss the shaped dough pieces in wheat flour, subsequently place on baguette trays or setters dusted with flour and allow to prove. At ¾ proof, cut the dough pieces and bake giving steam.

Final proof:	approx. 50 minutes
Baking temperature:	230° C, dropping to 210° C, giving steam
Baking time:	approx. 20 minutes

BREAD RINGS

Wheat flour	7.000 kg
IREKS NOURI GRAIN H	3.000 kg
IREKS ARTISANO CLEAN LABEL H	0.150 kg
Olive oil	0.100 kg
Salt	0.200 kg
Instant yeast	0.100 kg
Water, approx.	6.000 l
Total weight	16.550 kg

Mixing time:	3 + 6 minutes
Dough temperature:	26 – 27° C
Bulk fermentation time:	20 – 30 minutes
Scaling weight:	0.400 kg
Intermediate proof:	20 minutes

Instructions for use:
After the bulk fermentation time, mould the dough pieces round and long, if necessary, and allow to prove. After the intermediate proof, process into bread rings, dampen the upper surface and toss in the topping. Subsequently, place on trays or setters dusted with flour and allow to prove. After the final proof, bake giving steam which is allowed to escape approx. 5 minutes before the end of the baking time.

Topping:
mixture of IREKS NOURI GRAIN H and sesame (1:1)

Final proof:	50 – 60 minutes
Baking temperature:	230° C, dropping to 190° C, giving steam
Baking time:	approx. 35 minutes

TOAST BREAD

Soaked grain:

IREKS NOURI GRAIN H	2.500 kg
Water	2.500 l
Total weight	5.000 kg

Swelling time:
approx. 3 hours at room temperature or overnight at 4° C

Dough:

Wheat flour	7.500 kg
Soaked grain	5.000 kg
IREKS SOFT PLUS H/ FORMAT V 2000 H	0.100 kg
Sugar	0.600 kg
Vegetable oil	0.400 kg
Salt	0.200 kg
Instant yeast	0.100 kg
Water, approx.	3.500 l
Total weight	17.400 kg

Mixing time:	3 + 6 minutes
Dough temperature:	26 – 27° C
Bulk fermentation time:	none
Scaling weight:	0.580 kg
Intermediate proof:	10 minutes
Processing:	4-piece method
Final proof:	approx. 70 minutes
Baking temperature:	230° C, dropping to 190° C
Baking time:	25 – 30 minutes

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