

IREKS
Chia
BREAD MIX





Recipe Rolls:

Wheat flour	5.000 kg
IREKS CHIA BREAD MIX	5.000 kg
Instant yeast	0.100 kg
Water, approx.	5.400 l
Total weight	15.500 kg

Mixing time:	2 + 6 minutes
Dough temperature:	approx. 25° C
Bulk fermentation time:	none
Scaling weight:	2.100 kg/30 pieces
Intermediate proof:	approx. 15 minutes
Topping:	0.600 kg maize semolina, 0.300 kg sesame
Final proof:	approx. 40 minutes
Baking temperature:	approx. 230° C, giving steam
Baking time:	18 – 20 minutes

Recipe Bread:

Wheat flour	5.000 kg
IREKS CHIA BREAD MIX	5.000 kg
Instant yeast	0.070 kg
Water, approx.	5.500 l
Total weight	15.570 kg

Mixing time:	2 + 6 minutes
Dough temperature:	approx. 24° C
Bulk fermentation time:	approx. 30 minutes
Scaling weight:	0.500 kg
Intermediate proof:	approx. 5 minutes
Topping:	0.600 kg maize semolina, 0.300 kg sesame
Final proof:	approx. 45 minutes
Baking temperature:	230° C, dropping, giving slight steam
Baking time:	30 – 35 minutes

Instructions for use – Rolls:

After the mixing time, scale the dough into dough pieces of 2.100 kg, mould round and, covered, allow to prove. After the intermediate proof, divide the dough pieces and process as desired. Dampen the upper surface, press into the topping and place on fermentation boards with the seam downwards. Subsequently, allow to prove. Turn out after the proof and bake giving steam.

Instructions for use – Bread:

After the bulk fermentation time, scale the dough and mould round. After a short intermediate proof, shape the dough pieces into triangles, dampen the top surface and press into the topping mixture. Place on setters with the seam downwards and prove. Cut 3 times in a curved shape after proof. Bake, giving slight steam.

Chia



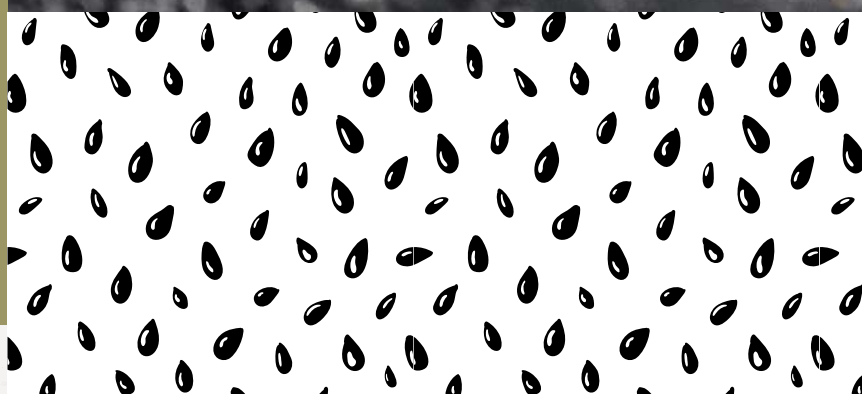
Nutrition information:

100 g of baked goods contain:

Rolls

Bread

Energy	1182 kJ (285 kcal)	1121 kJ (265 kcal)
Protein	10.4 g	9.9 g
Carbohydrates	47.8 g	45.7 g
of which sugar	3.6 g	4.0 g
Fat	4.7 g	3.9 g
of which saturates	0.8 g	0.7 g
Fibre	5.1 g	4.8 g
Sodium	0.6 g	0.6 g





IREKS CHIA BREAD MIX - The mix with the treasures of Latin America

Maize, tapioca starch, tomato, potato and chia seeds are typical ingredients from Latin America and give baked goods, which are made using IREKS CHIA BREAD MIX, their unique character.

Among these treasures, maize, potato and tomato are best known in many countries as foodstuffs. Also tapioca starch, made from manioc, is used in many South American baked goods. But what, in fact, are chia seeds?

Chia seeds (*Salvia hispanica*) probably have their origin in Central America. The Aztecs and the Mayas 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.

Join us in the country of the Mayas and Aztecs and convince yourself of the magic power of chia seeds. Enjoy the tasty baked goods made using IREKS CHIA BREAD MIX.

Baked goods made using IREKS CHIA BREAD MIX contain valuable fibre.

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