

MUFFIN-MIX

GLUTEN-FREE

Gluten
FREE



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Gluten-free products are part of a special diet for people suffering from coeliac disease and for those people who have chosen a gluten-free diet. Coeliac disease is a chronic illness of the small intestine caused by an intolerance to the grain protein gluten. When people affected eat food containing gluten, the intestinal mucosa is damaged, which leads to nutritional deficiencies. The only effective treatment is a strict, lifelong avoidance of products containing gluten.

Gluten-free mixes from IREKS are produced from carefully selected gluten-free raw materials. In our factory, the raw materials are processed in special, closed batch containers, only used for gluten-free mixes, to avoid cross contaminations with raw materials containing gluten. A sample of every batch produced is analysed in our own laboratory.

To manufacture gluten-free products from these mixes, certain points have also to be taken into account for further processing. Even the smallest amounts of raw materials containing gluten can contaminate the gluten-free products. All equipment and work surfaces have therefore to be subjected to a very thorough cleaning process. It is even recommended to have separate production areas for gluten-free products and products containing gluten in the bakery. Raw materials containing gluten, produced from wheat, rye, spelt, barley or oats, for example, may never be used as an ingredient, for processing or as a topping.

Muffins

MUFFIN-MIX GLUTEN-FREE	1.000 kg
Whole egg	0.500 kg
Vegetable oil	0.350 kg
Water	0.150 l
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Total weight	2.000 kg

Mixing time: 3 minutes slow
Scaling weight: 0.070 – 0.080 kg

Instructions for use:

Mix all the ingredients until smooth, fill the batter into muffin tins and bake. Give slight steam after 3 minutes' baking time and finish baking with closed damper.

Baking temperature: 180° C, giving slight steam
Baking time: 20 – 25 minutes
(after 3 minutes' baking time finish baking with closed damper)

Butter cookies

MUFFIN-MIX GLUTEN-FREE	1.000 kg
Potato starch	0.300 kg
Whole egg	0.250 kg
Butter, soft	0.550 kg
Vanilla flavouring	as required
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Total weight	2.100 kg

Instructions for use:

Mix the tempered butter with the egg and vanilla until slightly creamy, then add the dry ingredients and stir until a smooth texture is obtained. Fill the batter into piping bags and pipe onto prepared baking trays.

Baking temperature: 190° C, with open damper
Baking time: 10 – 12 minutes

Cantucci

MUFFIN-MIX GLUTEN-FREE	2.500 kg
Whole egg	0.600 kg
Butter	0.100 kg
Vanilla flavouring	0.005 kg
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Almonds, whole	1.000 kg
Amaretto	0.050 l
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Total weight	4.250 kg

Mixing time: 3 - 4 minutes, medium speed

Instructions for use:

Marinate the almonds for approx. 2 hours in amaretto. Mix all the ingredients at room temperature apart from the almonds. Add the almonds to the batter at the end and shape the batter into sticks of 3 – 4 cm in size. Place the sticks on a baking tray with baking paper and bake. After cooling, cut into slices of 1.0 – 1.5 cm in size and roast.

1st baking temperature: 180 – 190° C
1st baking time: approx. 20 minutes
2nd baking temperature: 160° C
2nd baking time: approx. 20 minutes

