

Fruit Bread using IREKS PREMIUM 9 GRAINS



Fruit-nut mixture:

Cranberries, dried*	1.000 kg	10 %	2 lb	3.5 oz
Apples, dried*	1.000 kg	10 %	2 lb	3.5 oz
Water, lukewarm*	1.000 kg	10 %	2 lb	3.5 oz
<u>Pecan nuts, roasted</u>	<u>1.000 kg</u>	<u>10 %</u>	<u>2 lb</u>	<u>3.5 oz</u>
Total weight	4.000 kg		8 lb	14 oz

* Allow the fruit to soak completely in water.

Soaking time: 30 minutes

Dough:

Strong baker's flour	10.000 kg	100 %	22 lb	0 oz
IREKS PREMIUM 9 GRAINS	5.000 kg	50 %	11 lb	0 oz
Butter	0.600 kg	6 %	1 lb	5 oz
Fresh yeast	0.500 kg	5 %	1 lb	1.5 oz
Water, approx.	9.000 kg	90 %	19 lb	13.5 oz
<u>Fruit-nut mixture</u>	<u>4.000 kg</u>	<u>40 %</u>	<u>8 lb</u>	<u>14 oz</u>
Total weight	29.100 kg		64 lb	2 oz

Mixing time: 3 minutes slow + 6 minutes fast (spiral mixer)

Dough temperature: 26° C – 27° C (79° F – 81° F)

Bulk fermentation time:	20 minutes
Scaling weight:	0.540 kg (1 lb 3 oz)
Intermediate proof:	10 minutes
Instructions for use:	Mix the ingredients of the dough and slowly add the fruit-nut mixture for one minute at the end of the mixing time. After the bulk fermentation time, scale the dough into pieces, dip in the topping and allow to proof. Subsequently, bake giving steam.
Topping:	coarse sugar and chopped hazelnuts (2:1)
Final proof:	approx. 60 minutes
Baking temperature:	230° C (445° F), dropping to 190° C (374° F), giving steam
Baking time:	approx. 35 minutes