

Spelt-BBQ Finger Food

using IREKS SPELT K, EXCEL MN CONCENTRATE
and IREKS SPICY TOPPING



Strong baker's flour	10.000 kg	100 %	22 lb 0 oz
IREKS SPELT K	3.500 kg	35 %	7 lb 11.5 oz
EXCEL MN CONCENTRATE	0.150 kg	1.5 %	0 lb 5.5 oz
Flax seed	0.500 kg	5 %	1 lb 1.5 oz
Vegetable oil	0.300 kg	3 %	0 lb 10.5 oz
Fresh yeast	0.350 kg	3.5 %	0 lb 12.5 oz
Water, approx.	8.000 kg	80 %	17 lb 10 oz
White cabbage, cut*	2.000 kg	20 %	4 lb 6.5 oz
Diced ham, steamed*	1.500 kg	15 %	3 lb 5 oz
<u>Roasted onions*</u>	<u>0.400 kg</u>	<u>4 %</u>	<u>0 lb 14 oz</u>
Total weight	26.700 kg		58 lb 13 oz

* Add gradually towards the end of the mixing time.

Mixing time:	3 minutes slow + 7 minutes fast (spiral mixer)
Dough temperature:	approx. 27° C (81° F)
Bulk fermentation time:	approx. 15 minutes
Scaling weight:	2.800 kg (6 lb 3 oz)/36 pieces
Intermediate proof:	approx. 10 minutes

Instructions for use: After the intermediate proof, divide the dough heads. Subsequently, shape the dough pieces long, dampen the upper surface of the dough pieces and dip into the cheese mixture. Then place on trays laid out with baking paper and allow to proof. Load at almost full proof giving slight steam.

Final proof: 30 – 40 minutes

Baking temperature: 230° C (445° F), giving slight steam

Baking time: 18 – 20 minutes

Cheese mixture:

Cheddar, grated	1.500 kg	100 %	3 lb	5 oz
Emmental, grated	1.500 kg	100 %	3 lb	5 oz
IREKS SPICY TOPPING	0.750 kg	50 %	1 lb	10.5 oz
Flax seed	0.450 kg	30 %	1 lb	0 oz
Total weight	4.200 kg		9 lb	4.5 oz