

Spelt Bread using IREKS SPELT K



Strong baker's flour	10.000 kg	100 %
IREKS SPELT K	3.500 kg	35 %
Sunflower seeds	0.800 kg	8 %
Honey	0.200 kg	2 %
Fresh yeast	0.350 kg	3.5 %
Water, approx.	8.000 kg	80 %
Total weight	22.850 kg	

Mixing time:	3 minutes slow + 6 minutes fast (spiral mixer)
Dough temperature:	25° C – 26° C (77° F – 79° F)
Bulk fermentation time:	20 minutes
Scaling weight:	0.540 kg
Intermediate proof:	10 minutes
Processing:	as desired
Final proof:	approx. 50 minutes
Baking temperature:	230° C (445° F), dropping to 200° C (390° F), giving steam
Baking time:	30 minutes