

Sourdough Bread using IREKS DRIED WHEAT SOUR and PANIFARIN

Wheat flour	7.000 kg
Wholemeal wheat flour	1.500 kg
Rye flour	1.500 kg
IREKS DRIED WHEAT SOUR	1.000 kg
PANIFARIN	0.200 kg
Salt	0.200 kg
Yeast	0.300 kg
Water, approx.	7.000 kg
Total weight	18.700 kg

Mixing time:	4 + 8 minutes
Dough temperature:	25° C – 26° C
Bulk fermentation time:	approx. 90 minutes
Scaling weight:	0.600 kg
Intermediate proof:	10 minutes
Processing:	round
Final proof:	approx. 90 minutes at room temperature or 16 – 20 hours at 5° C – 7° C
Baking temperature:	240° C, dropping to 220° C, giving steam
Baking time:	35 – 40 minutes

Instructions for use:

After the bulk fermentation time, scale the dough, then gently mould the dough pieces round and allow to rest for a further 10 minutes on a floured tray. Subsequently, process the dough pieces into the desired shape and allow to prove in baskets. After the final proof, turn on trays or setters and bake giving steam.

