

Coarse Rye Bread

using IREKS-ÖKOSAUER and PANIMALTIN



Soaked grain:

Coarse wholemeal rye, medium	2.500 kg
Water (50° C), approx.	2.500 l
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Total weight	5.000 kg

Swelling time: 3 – 4 hours

Dough:

Soaked grain	5.000 kg
Coarse rye, fine	6.500 kg
Basic sour, dough yield 160	1.600 kg
IREKS-ÖKOSAUER	0.500 kg
PANIMALTIN	0.200 kg
Salt	0.200 kg
Yeast	0.120 kg
Water, approx.	5.400 l
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Total weight	19.520 kg

Mixing time: 15 – 20 minutes slow, spiral mixer

Dough temperature: 28 – 30° C

Bulk fermentation time: 30 – 40 minutes

Scaling weight: 1.100 kg

Intermediate proof: none

Processing: in baking tins (18 x 10 x 10 cm)

Final proof: approx. 60 minutes

Baking temperature: 230° C, dropping, giving steam

Baking time: 60 – 80 minutes (core temperature: 97° C)