

# Mixed bread with spelled

Cuisine: German  
Food category: Pastry

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## Program steps

1

Combination

5

%

Termination by time

01:00

hh:mm

42

°C

40

%

2

Backen 1 KG Brot - Vorheizen auf 250°C

Hot air

100

%

Termination by time

00:00

hh:mm

210

°C

80

%

3

Injection

10

n

120

s

1000

ml

4

Pause

120

s

5

Hot air

100

%

Termination by time

00:12

hh:mm

200

°C

80

%

6

Pause

300

s

7

Hot air

100

%

Termination by time

00:29

hh:mm

175

°C

60

%

## Ingredients - number of portions - 1

Name	Value	Unit
wheat flour type 550	515	g
spelled flour type 630	90	g
water	380	ml
salt	12	g
fresh yeast	0.5	g
granulated sugar	1	pcs

## Nutrition and allergens

Allergens: Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	2117.1 kJ
Carbohydrate	432.9 g
Fat	6.6 g
Protein	68.4 g
Water	0 g

## Directions

Place sugar, yeast and approx. 20ml of warm water in a container until the yeast begins to ferment.

Then knead all the ingredients well and let it rest, ideally for 24 hours, whereby the dough should be folded and stretched every 8 hours.

The basic principle: Mix the dough, let it ripen for 24 hours at room temperature (18-22°C) (stretch and fold every 8 hours), shape the dough, let it ripen for 1 hour (usually in a bowl lined with a floured cloth), in Bake in a pot or on a tray.

Final fermentation in the combi steamer - 42°C, fan clocked at 40-50 and a maximum of 5% moisture. Then bake in the combi steamer as follows: Preheat to 250°C, 10 seconds at 210°C, 80% fan speed. Steaming: 1000 ml, 10 bursts, 2 minutes. Break: 2 minutes. Then bake for 12 minutes at 200°C, 80% fan speed, then pause again for 5 minutes. Last 29 minutes 175°C, 60% fan speed, clocked.