

Mixed bread with spelled

Cuisine: German

Food category: Pastry



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH



Program steps

1 Nach-Brotgärung

| | | | | | | | | | | | | | | | | |
|--|-------------|--|---|---|--|---------------------|--|-------|-------|--|----|----|--|----|---|--|
| | 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

| | | | | | | | | | | | | | | | | |
|--|-----------|--|----|---|--|-----|---|--|------|----|--|--|--|--|--|--|
| | Injection | | 10 | n | | 120 | s | | 1000 | ml | | | | | | |
|--|-----------|--|----|---|--|-----|---|--|------|----|--|--|--|--|--|--|

4 Pause

| | | | | | | | | | | | | | | | | |
|--|-------|--|-----|---|--|--|--|--|--|--|--|--|--|--|--|--|
| | Pause | | 120 | s | | | | | | | | | | | | |
|--|-------|--|-----|---|--|--|--|--|--|--|--|--|--|--|--|--|

5 Hot air

| | | | | | | | | | | | | | | | | |
|--|---------|--|-----|---|--|---------------------|--|-------|-------|--|-----|----|--|----|---|--|
| | Hot air | | 100 | % | | Termination by time | | 00:12 | hh:mm | | 200 | °C | | 80 | % | |
|--|---------|--|-----|---|--|---------------------|--|-------|-------|--|-----|----|--|----|---|--|

6 Pause

| | | | | | | | | | | | | | | | | |
|--|-------|--|-----|---|--|--|--|--|--|--|--|--|--|--|--|--|
| | Pause | | 300 | s | | | | | | | | | | | | |
|--|-------|--|-----|---|--|--|--|--|--|--|--|--|--|--|--|--|

7 Hot air

| | | | | | | | | | | | | | | | | |
|--|---------|--|-----|---|--|---------------------|--|-------|-------|--|-----|----|--|----|---|--|
| | Hot air | | 100 | % | | Termination by time | | 00:29 | hh:mm | | 175 | °C | | 60 | % | |
|--|---------|--|-----|---|--|---------------------|--|-------|-------|--|-----|----|--|----|---|--|

Ingredients - number of portions - 1

| Name | Value | Unit |
|------------------------|-------|------|
| plain flour 00 | 515 | g |
| spelled flour type 630 | 90 | g |
| water | 380 | ml |
| salt | 12 | g |
| fresh yeast | 0.5 | g |
| brown sugar | 1 | pcs |

Nutrition and allergens

Allergens: 1

Minerals:

Vitamins:

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 proof 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.

| Nutritional value of one portion | Value |
|----------------------------------|--------------|
| Energy | 2106.8 kJ |
| Carbohydrate | 422.6 g |
| Fat | 6.1 g |
| Protein | 73.5 g |
| Water | 0 g |